



Montgomery County's Programs and Services for Older Adults

**a presentation by the
Commission on Aging**

**David Engel, CoA
Linda Bergofsky, CoA Co-Chair
Tracy Carter, ADRU**



Are you aware of the many services available to the County's older adult residents?

The most common response is NO.

That's why we are here today!



What Is The Commission on Aging?



- **Established** in 1974 under the *Older Americans Act*
- **Members** are volunteers, appointed by the County Executive, confirmed by the County Council
- **What We Do**
 - **Advise, Advocate, Inform**



Programs and Services for Older Adults



Aging and Disability Resource Unit

240-777-3000

ads@montgomerycountymd.gov

Dial 311

For general nonemergency County
government information





Services Available to Residents

Adult Protective Services

Consumer Protection

In-Home Care

Physical & Mental Health

Respite Care

Support for Family Caregivers

Food/Nutrition

Transportation

Housing Information



Mental Health Support Is Here

Crisis Support and Suicide Intervention 988

988 provides 24/7 mental health crisis listening support via phone, text and chat for:

- Emotional Distress
- Mental Health crisis
- Thoughts of suicide

Additional information on Mental Health Services available through Montgomery County
www.montgomerycountymd.gov

Aging and Disability Resource Unit 240-777-3000

The **ADRU** provides non-emergency support and access to Montgomery County programs and resources

Montgomery County Crisis Center 240-777-4000

The Crisis Center provides 24/7:

- Crisis hotline
- Walk-in crisis services
- Mobile crisis outreach teams
- Community referrals
- Substance use assessment and referral



Respite Care Support

"Call or contact respite to discuss needs for respite."

The Arc Montgomery County can coordinate short-term respite for:

unpaid, primary caregiver who live in the same Montgomery County household and is caring for :

- Children or adults with functional disabilities (cancer, MS, traumatic brain injury, advanced diabetes);
 - Children or adults with intellectual/developmental disabilities;
 - Children with challenging behaviors;
 - Frail senior citizens.
- Currently, families are eligible to receive free hours of respite care per year. Staff at the Arc will discuss the number of hours with each person.



Dementia Friendly Speaker (Free Talk)

► **Montgomery County, Maryland volunteers have been certified as -
Montgomery County Dementia Friendly America Speakers Bureau Presenters.**

► **BECOME A DEMENTIA FRIEND:**

<https://dementiafriendsusa.org/become-friend>

► We offer **FREE** 45-60 minute* information sessions that help you to recognize the signs of dementia and provide tips on the ways to communicate with someone living with dementia.

► *(We are happy to make time modifications due to staff/participants availability.)

► Objectives:

- Learn about Alzheimer's and other types of dementia.
- Recognize the signs of dementia.
- Discover tips for communicating and interacting with a person who has dementia.

► **To Schedule an Information Session with the Montgomery County Maryland's Dementia Friendly Initiative:**

► Contact: Ruth Kershner, Caregiver Support Program Manager, Dementia Friendly Champion

► **Email:**

ruth.kershner@montgomerycountymd.gov

► Phone: 240-962-1151





Transportation

<https://www.montgomerycountymd.gov/dot-transit/>

**Ride On – NOW FREE
Flex**

Senior SmarTrip Cards

Call-n-Ride

Connect-A-Ride

Senior Connection - JCA

MetroAccess





Housing

Design For Life - Building Accessible Homes

<https://www.montgomerycountymd.gov/design/>

HARP (Home Accessibility Rehabilitation Program)

<https://www.montgomerycountymd.gov/dhca/homeowners/harp.html>

Renters Tax Credit – Property Tax Credit

www.montgomerycountymd.gov/senior/housing.html

Homeowners, Homestead Tax Exemption, Senior, Vets

The Homestead Property Tax Credit application only needs to be filed once during your time in your property.





Housing



<https://ex12.montgomerycountymd.gov/ojn3/ijn12/marketplace>

Michele Higgs
homeshare@hiphomes.org
301-85-SHARE



Housing
Initiative
Partnership



www.hocmc.org/extra/2-uncategorised/142-housing-for-seniors-elderly.html



Montgomery County Fire and Rescue

<https://www.montgomerycountymd.gov/mcfrs-info/firesafety.html>

Their visits also include safety tips

- James.Resnick@montgomerycountymd.gov
- ***Jim Resnick (retired Battalion Chief), Program Manager***
- ***Senior Outreach and Education – part of MCFRS Community Risk Reduction***
- ***Montgomery County Fire and Rescue Service***
- ***100 Edison Park Drive – 2nd Floor***
- ***Gaithersburg, Maryland 20878***
- ***Office 240-777-2426***
- ***Cell 240-620-4955***

Engaging in the Community



Montgomery County Villages

www.montgomerycountymd.gov/HHS-program/ADS/Villages/Villageslist.html





Technology – Education and Support

Senior Planet Montgomery from AARP

Public Libraries

Washington Metro Oasis

Marylanders Online Helpline –

University of Maryland Digital Literacy





Volunteer

50+ Volunteer Network

Long Term Care Ombudsman Program

Boards, Commissions, and Committees

Intergenerational Programs





Intergenerational Programs



Why engage in intergenerational programming?

- Increase contact and understanding between generations
 - Create positive, meaningful relationships and reduce isolation
- Unite the generations in ways that enrich participants' lives and help address vital social and community issues

<https://www.montgomerycountymd.gov/volunteercenter/>



Employment

**Job Search Training Program for 50+ Professional
Job Seekers – JCA Career Gateway**
JCA's free Virtual Employment Expos

WorkSource Montgomery

**Expedited Bill 10-25, also known as the
"Montgomery County Federal Workers First Act"**





Recreation
240-777-4925



22 Recreation Centers

8 Senior Centers

**Free memberships to Montgomery County residents for
recreation centers,
fitness rooms, and open gym times**



Montgomery Parks

<https://montgomeryparks.org/>

[Call Customer Service at 301-495-2595](tel:301-495-2595)

[Email Info@MontgomeryParks.org](mailto:Info@MontgomeryParks.org)

- Special events and festivals
- Programs and classes
- Trails and activities
- Nature facilities
- Wild life
- Volunteer opportunities
- Newsletter for news and upcoming events





**Get your free library card at any library with photo ID
and proof of residence, or apply online**

<https://montgomerycountymd.gov/library/services/card.html>

Lifelong Learning



- Montgomery County Public Libraries
Look at the tab Resources by Age
- Washington Metro Oasis
- Montgomery College Lifelong Learning Institute
More than 140 classes
- Senior Planet





Durable Medical Equipment

**A Free Service from
the Maryland Department of Aging**

Donate or Receive Durable Medical Equipment

240-230-8000

dme.mdoa@maryland.gov

aging.maryland.gov

**Maryland
Department of
Aging:**

**Free Daily Call
Check**

**Maryland
Residents 65
and Older**

**Maryland residents 65 and older are
eligible to sign up for
Senior Call Check**

To register:

1-866-50-CHECK

**[http://aging.maryland.gov/Pages/senior-
call-check-sign-up.aspx](http://aging.maryland.gov/Pages/senior-call-check-sign-up.aspx)**

Landline or Cell Phone



Office of Consumer Protection (OCP)

Tips from OCP – 4 signs it's a scam

- Scammers **PRETEND** to be from an organization you know.
- Scammers say there's a **PROBLEM** or a **PRIZE**.
- Scammers **PRESSURE** you to act immediately.
- Scammers tell you to **PAY** in a specific way.

If you've been the victim of a scam or need more information, contact OCP at 240-777-0311.

www.montgomerycountymd.gov/ocp



News and Information

Montgomery County Office of Public Information Senior News

<https://public.govdelivery.com/accounts/MDMONTGOMERY/subscriber/new>

The Caregiver Support E-Newsletter

Sign up at bit.ly/3PBxcxo

Senior Website

50+ in Montgomery County

<https://www.montgomerycountymd.gov/senior/>





More News and Information

The Beacon Newspapers

Positive Aging Sourcebook

Available at libraries and senior centers

Maryland Department of Aging News

<https://public.govdelivery.com/accounts/MDMDOA/signup/25091>



mccelc.org
240-773-8290



**MONTGOMERY COUNTY
PALLIATIVE CARE AND
END OF LIFE COALITION**

Commission on Aging

Montgomery County, Maryland



Planning for Life Transitions As We Age

How to Start the Conversation
Taking Charge of Your Health Care
Housing
Legal and Financial Matters
Transition Planning Worksheet



Commission on Aging, Montgomery County, Maryland
www.montgomerycountymd.gov/senior





Concluding Thoughts

**If you think you are too small to be effective, you have
never been in bed with a mosquito.**

Attributed to Betty Reese, American Office & Pilot

***The great thing about getting older is that you don't
lose all the other ages you've been.***

Madeleine L'Engle



Programs and Services for Older Adults

Aging and Disability Resource Unit
240-777-3000
ads@montgomerycountymd.gov



Dial 311

For general nonemergency County government
information



**What
Matters**



to



YOU??