

CAREGIVER RESOURCE GUIDE

You are not alone as a family caregiver.



Get connected to caregiving resources available through government agencies, community-based organizations, several of which are listed below.

Maryland Access Point (MAP)

The entry point for obtaining information for older adults, adults with disabilities, and caregivers

bit.ly/MDaccessinfo

410-396-2273 (CARE)

211 Maryland

Call 2-1-1 Central connector for Maryland community resources.

1-844-627-5465

AARP

Focuses on people aged 50 and older.

Maryland: states.aarp.org/maryland

Resource line: 1-877-333-5885

Aging Life Care Association

Geriatric care management, is a holistic, client-centered approach to caring for older adults or others facing ongoing health challenges.

www.aginglifecare.org

Alzheimer's Association Greater Maryland Chapter

Alzheimer's Disease & Dementia Help Leads the way to end Alzheimer's and all other dementia — by accelerating global research, driving risk reduction and early detection.

www.alz.org/maryland

800-272-3900

ALZConnected

Online community that connects individuals facing the disease and provides online support.

alzconnected.org

BDS Healthy Aging Networks

Meets on Zoom every Wednesday 1 to 5 pm. Filled with inspiration, exercise, interesting speakers and resources.

Zoom:

<https://us02web.zoom.us/j/82739479263> or dial in 1 301 715 8592; Meeting ID: 827 3947 9263

Email: bdsimon2020@gmail.com

The Binti Circle

Creates space for former and current Black daughter caregivers to share their pain points, trials, best caregiving practices, advice, and offer mental/emotional support.

www.binticircle.org

Caregiver SOS and Caregiver Teleconnection

Free one-hour conference calls covering a wide range of interesting topics and expert advice related to caregiving. Sessions also offered in Spanish

www.wellmedcharitablefoundation.org

1-866-390-6491

Civic Works Cities for All Ages

Cities for All Ages makes homes safer for older adults living in Baltimore City.

<https://civicworks.com/programs/cities-for-all-ages/>

410-366-1831

Coffee Tea & Me Caregiver Support Group

Provides caregivers with resources, support systems, one-to-one personal counseling and networking.

<https://coffeeteaandme.info/>

443-538-1815

Eldercare Locator

Connects older adults and their caregivers with local services and provides resource referrals and contact information for state and local agencies on aging.

eldercare.acl.gov

Family Caregiver Alliance

Offers support for family and friends providing long-term, in-home care.

Generations United

Coordinates a number of signature projects to strengthen intergenerational connections

www.gu.org

Maryland Living Well Center of Excellence

Promotes health and prevents disease through programs, events and resources.

www.mdlivingwell.org

Meals on Wheels of Central Maryland, Inc.

Provides support and safety-net services that help sustain health, promote independence, and improve overall quality of life.

www.mealsonwheelsmd.org

443-573-0987

Medication Management

A Family Caregiver's Guide

bit.ly/managemedicine

Mental Health Association of Maryland:

Mental Health in Later Life-A guidebook for Older Marylanders and the People who Care for Them.

mhamd.org

443-901-1550

National Association of Elder Law Attorneys

Directory of elder law attorneys.

naela.org

National Caregiving Foundation

Email:

info@caregivingfoundation.org

Caregiver support kit: 1-800-930-1357

Veteran support kit: 1-888-328-1002

www.caregivingfoundation.org

National Hospice and Palliative Care Organization

Provides information about hospice and palliative care and local hospice and palliative care organizations.

nhpco.org/find-a-care-provider

Pro Bono Counseling

Connects uninsured and under-insured low-income Marylanders with compassionate and qualified mental health professionals for free.

<https://www.probonocounseling.org/>

410-825-1001

WARMLine: 410.598.0234

Recreation and Parks Senior Division

Offers a variety of life-enriching recreational programs, trips, classes and events for Baltimore City's older adults, ages 50 and older.

<https://bcrp.baltimorecity.gov/recreation/senior>

410-396-2920

Roberta's House

Provides trauma-informed care and addresses grief as a public health service.

<https://robertashouse.org/>

410-396-2920

