

# Access and Advocacy

With a single call, older adults, adults with disabilities, and their caregivers can learn about available services throughout the city and also apply for several of our programs. Available 24 hours a day, our Maryland Access Point (MAP) is the “one-stop- shop” for services.

**Call 410-396-CARE (2273) or visit [www.marylandaccesspoint.info](http://www.marylandaccesspoint.info).**

## Resources

MAP provides resources and educational materials for older adults and caregivers who want to learn about the long-term services available in Maryland. MAP will help you find services in your area and identify steps you can take now to prepare for your care goals and needs.

## Benefits Checkup

MAP administers a free and confidential questionnaire that can help you identify the programs and services you may be eligible for on a local, state, and federal level.

## Options Counseling

Individuals can contact MAP to speak with qualified staff to identify long-term goals, needs, and challenges. Together, you'll develop a written plan, locate available public and private services, and get connected as needed. This person-centered plan will be designed to fit your preferences and financial options.

## **Economic Checkup**

For Baltimore City residents over the age of 60, the Economic Checkup is a free screening tool to help determine the financial and economic resources available to you.

## **Senior Health Insurance Program**

If you are a Baltimore resident who is receiving Medicare or about to receive Medicare, this program can help you maximize your health benefits.



# Caregiver Support

Many caregivers don't realize they are one. You are a caregiver if you provide care to a family member, partner, friend, or neighbor who is older or has a disability and lives at home. Also, grandparents who are raising grandchildren full-time are also considered caregivers.

That's why we offer programs and services to support caregivers, such as:

- Information and assistance on available services
- Individual counseling, support groups, and education and training
- Respite care
- Supplemental services and grants

Eligibility for these services varies. For more information, call 410-396-1337.

## **Family Caregivers Program**

This program is for caregivers over the age of 18 who are providing care to someone age 60 or older. To be eligible for the program, the care recipient must require assistance with at least two activities of daily living (ADL), and a medical doctor or medical practitioner must complete a Medical Status Verification Form. However, the caregiver and care recipient do not have to be blood relatives.

## **Grandparents as Parents**

Grandparent caregivers, or caregivers over the age of 55, provide full-time care for children under the age of 18. Grandparents are wonderful caregivers, but parenting grandchildren comes with different demands and grandparents may need additional support.

Caregivers of children under the age of 18 do not have to provide a completed medical verification form to take advantage of this grant opportunity.

## **Caregivers of Disabled Adults**

This program is for caregivers over the age of 55 who provide care to a disabled individual between the ages of 18-59. To be eligible for this program, a medical doctor or medical practitioner must complete a Medical Status Verification Form indicating the care recipient's condition and which activities of daily living (ADL) require assistance.



# Community and Connection

Are you an older adult who's looking for opportunities to maintain a high quality of life? Stay connected to your community with senior center activities, companion programs, access to transportation, legal services, shared meals, and more.

## Senior Centers

There are 13 different senior centers in Baltimore offering health and fitness programs and activities that can keep you active and engaged with others. To learn more, call 410-396-1337.

## Eating Together Program

The Eating Together Program offers nutritious lunches and dinners for adults over the age of 60 and their spouses. There are more than 50 Eating Together sites in Baltimore where you can share a meal, meet new people, and spend time with people like you. The program also offers Kosher and Korean meals. To learn more, call 410-664-0700.

## Taxicard Program

The Taxicard Program provides subsidized transportation for eligible Baltimore residents who are over the age of 60 or have disabilities. Registration is required and individuals must meet program requirements. Cards may be used with participating taxicab companies. To learn more, call 410-664-1123 or visit [www.caretaxicard.com](http://www.caretaxicard.com).

## Senior Legal Services

This program provides quality, pro-bono legal services to older adults over the age of 60 with low income. Attorneys advise and represent clients on a broad range of civil legal matters including estate planning, consumer and debt collection issues, landlord / tenant disputes, housing matters, foreclosure prevention, probate, and guardianship. For more information, call 410-396-1322 or visit [www.baltimoreseniorlegalservices.org](http://www.baltimoreseniorlegalservices.org)

## Senior Companion Program

This program is available for older adults who are homebound and unable to take advantage of community-based opportunities for socialization. People who qualify for this program will be visited in their own homes by another older adult for regularly scheduled visits. For more information, call 410-396-9405.



# In-Home Care and Support

These programs help those who need personal or financial assistance, information about long-term planning, or supportive services at home.

## **Adult Evaluation and Review Services**

This program conducts comprehensive evaluations that identifies the psychosocial and medical needs of older adults and adults with disabilities. Based on the evaluation, a trained nurse social worker will develop an individualized plan of care with recommendations and linkages to community resources and services. For more information, call 410-396-6006.

## **Senior Care**

This program provides case management and help with everyday activities such as bathing, dressing, laundry, medication supplies to older adults and persons with disabilities. For more information, call 410-396-1605.

## **Home- and Community-Based Waiver**

Individuals who qualify for a nursing home level of care, but wish to remain in their communities can receive in-home assistance, services, and resources through the community-based waiver programs (Community First Choice, Community Options Waiver, Community Personal Assistance Services). Individuals are assigned a support planner to assist with developing their plan, which will include resources that address identified needs. For more information, call 410-396-4932.

## **Nurse Monitoring Services**

Registered nurse monitors are assigned to individuals receiving home- and community-based waiver services to ensure waiver-covered services are delivered in a favorable and safe manner. The nurse monitor makes home visits in accordance with the plan of service to review

records and assess the individual. The nurse monitor can make recommendations for changes to an individual's plan of services. For more information, call 410-396-4494.

### **Family Caregiver Support Program**

This program provides counseling, classes, respite care, and referrals to people who are unpaid caregivers of a senior or an adult with disabilities. For more information, call 410-396-1337.

### **Senior Companion Program (SCP)**

This program is available for older adults who are homebound and unable to take advantage of community-based opportunities for socialization. People who qualify for this program will be visited in their own homes by another older adult for regularly scheduled visits. For more information, call 410-396-9405.

### **Home Delivered Meals**

This program delivers meals to homebound adults who are unable to shop for or prepare their own meals due to a physical or mental condition. For more information, call 410-558-0827.

### **Money Follows the Person**

This program helps nursing home residents who want to transition back to life in the community or into an assisted living facility. Individuals must be at least 18 years of age, and meet criteria for specific community-based services. For more information, call 410-396-4932.

### **Senior Assisted Living Group Home Subsidy Program**

This is a community-based, housing subsidy program for medically and financially eligible individuals over the age of 62 who reside in assisted living facilities that have a contract with the City of Baltimore. For more information, call 410-396-4932.



# Health and Education

These programs help older adults stay safe and healthy in their homes.

We offer programs specifically related to falls prevention and chronic disease self management because:

- Falls are the number one reason why older adults visit the emergency department.
- 40% of people who enter a nursing home have had a fall in the prior 30 days.
- Chronic diseases like diabetes and heart disease are the leading cause of death for older adults.

When older adults learn the skills to prevent falls and manage their chronic conditions, they can enjoy many more healthier, happier years at home.

Contact 410-396-1337 to find the next workshop near you, or find out how to run one at your location.

## Stepping On

Stepping On is an evidence-based program focused on preventing falls. Participants will learn about positive lifestyle changes they can make to stay independent, upright, and active. These strategies include strength and balance exercises, medication management, and techniques for getting up after a fall.

## **Living Well With Diabetes**

This diabetes self-management workshop is designed to help older adults incorporate lifestyle changes that support staying healthy. The workshop covers a variety of topics including blood sugar monitoring, nutrition and healthy eating, fitness and exercise, and skin and foot care. Participants will also learn techniques for better communication with their health professionals, family, and friends.

## **Chronic Disease Self Management Program**

We also offer self-management workshops that cover the basics for managing a variety of chronic health conditions. Participants will learn skills to help them better manage their health conditions, make healthy food choices, and handle pain, fatigue and stress in positive ways. We also emphasize fitness and exercise, and techniques for better communication with health professionals, family, and friends.



# Senior Centers

Baltimore is home to 13 senior centers which offer different programs and services for older adults. You can take part in fitness programs, wellness programs, dining services, and lifelong learning classes. Many of the centers provide health screenings and vaccines on a seasonal basis.

To find a senior center near you, call 410-396-1337 or review the list below.

## **Cherry Hill Center**

3301 Waterview Ave  
410-396-2920

## **Forest Park Senior Center**

4801 Liberty Road (21207)  
410-466-2124

## **Harford Senior Center\*\***

4920 Harford Road (21214)  
410-426-4009

## **Hatton Senior Center\*\***

2825 Fait Avenue (21224)  
410-396-9025  
[health.baltimorecity.gov](http://health.baltimorecity.gov)

## **John Booth Sr. Center\*\***

2601A E. Baltimore Street (21224)  
410-396-9202  
[health.baltimorecity.gov](http://health.baltimorecity.gov)

## **Greenmount Senior Center**

425 E. Federal St. (21202)  
410-396-3552

### **E. Myerberg Senior Center**

3101 Fallstaff Road (21209)

410-358-6856

### **Oliver Senior Center \*\***

1700 N. Gay St. (21213)

410-396-7724

[health.baltimorecity.gov](http://health.baltimorecity.gov)

### **Sandtown-Winchester Senior Center\*\***

1601 Baker St. (21217)

410-396-7724

[health.baltimorecity.gov](http://health.baltimorecity.gov)

### **Senior Network N. Baltimore**

5825 York Road (21212)

410-323-7131

### **Waxter Senior Center\*\***

1000 Cathedral St. (21201)

410-396-1324

[health.baltimorecity.gov](http://health.baltimorecity.gov)

### **Zeta Center for Healthy and Active Living\*\***

4501 Reisterstown Road (21215)

410-396-3535

[health.baltimorecity.gov](http://health.baltimorecity.gov)

\*Not a traditional center, provides senior transportation services

\*\*Public City Operated Sites



# Volunteer Opportunities

Volunteers are vital to keeping Baltimore vibrant and welcoming because volunteerism helps people in need and the volunteers themselves. We invite retired older adults over the age of 55 to join these volunteer programs. Volunteers must go through a background check to ensure the right fit.

## **Retired Senior Volunteer Program (RSVP)**

RSVP is perfect for older adults who want to share their knowledge, skills, and life wisdom. We'll match you with an opportunity that aligns with your specific interests.

Baltimore's schools, science center, aquarium, and other community places are eager for older volunteers like you. This is a year-round opportunity and older adults can join at any time. To learn more, call (410) 396-9406.

## **Senior Companion Program (SCP)**

If you prefer volunteering in a more personalized setting, SCP is for you. Many of your older neighbors are homebound and don't have many opportunities to get out and socialize. SCP brings volunteers like you into their homes so they can remain independent in the community.

The SCP program provides its volunteers with a small hourly stipend and monthly bus pass. You can do as many or as few hours as you want. This is a year-round opportunity and older adults can apply at any time. The stipend will not interfere with Social Security benefits. To learn more, call (410) 396-9405.

## Long-Term Care Ombudsman (LTCO)

Volunteers in the LTCO program are trained to help promote quality of care and quality of life in nursing homes and assisted living facilities. The LTCO investigates complaints, advocates for resident rights, educates nursing home staff, and monitors care facilities on behalf of the older adults who live there. For more information, call (410) 396-3144.

## State Health Insurance Program (SHIP)

SHIP volunteers assist their neighbors with their Medicare questions and other health insurance issues. As a SHIP volunteer you'll have the opportunity to provide peer-to-peer counseling, education, and outreach to people receiving Medicare benefits.

**This opportunity is only available during open enrollment.** To learn more, call 410-396-CARE (2273).



# Safety and Protection

These services are designed specifically to support the protection and safety of older adults and adults with disabilities.

## **Long-Term Care Ombudsman (LTCO)**

The Ombudsman advocates for the rights of people living in Baltimore's skilled nursing facilities, residential care facilities for the elderly, and assisted living programs. A trained Ombudsman receives and responds to individual complaints and issues by, or on behalf of the resident. These may include allegations of elder abuse. For more information, call 410-396-3144.

## **Public Guardianship**

This program provides a court-appointed guardian to individuals age 65 and older who have been adjudicated disabled by the Circuit Court. For more information, call 410-545-7702.

## **Senior Legal Services (SLS)**

This program provides quality, pro-bono legal services to older adults over the age of 60 with low income. Attorneys advise and represent clients on a broad range of civil legal matters including estate planning, consumer and debt collection issues, landlord / tenant disputes, housing matters, foreclosure prevention, probate, and guardianship. For more information,

call 410-396-1322 or visit <http://www.baltimoreseniorlegalservices.org>.

