

An Interactive Caregiver Resource Guide

This handbook was developed with support from the Maryland Department of Aging.



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Common Terminology

- **Dementia and Daily Care**

- **Sundowning:** Increased confusion, restlessness, or agitation later in the day or evening.
- **Elopement / Wandering:** When a person with dementia leaves a safe area unsupervised or becomes lost.
- **Cognitive Decline:** A decrease in memory, thinking, judgment, or problem-solving abilities.
- **Fall Risk:** The likelihood that someone may fall because of weakness, poor balance, medications, or memory issues.
- **Ambulation:** Walking or moving from place to place.
- **Activities of Daily Living (ADLs):** Basic self-care tasks such as bathing, dressing, eating, toileting, and walking.
- **Instrumental Activities of Daily Living (IADLs):** More complex daily tasks such as cooking, shopping, managing money, using the phone, transportation, and taking medications.
- **Person-Centered Care:** Care that focuses on the person's preferences, routines, values, and individuality.
- **Transfer Assistance:** Help moving from one position or place to another, such as from a bed to a chair.
- **Continence/Incontinence:** The ability or inability to control bladder or bowel function.

- **Housing & Services**

- **Adult Day Program:** A structured daytime program for older adults that provides supervision, activities, meals, and socialization.
- **Respite Care:** Temporary care provided to give family caregivers a break.
- **Memory Care:** A specialized care setting for people living with dementia or other memory-related conditions.
- **Skilled Nursing Facility (SNF):** A nursing home that provides 24-hour medical and nursing care.
- **Assisted Living:** Housing that provides help with personal care and medications, while allowing people to maintain some independence.
- **Long-Term Care:** Ongoing care and support for someone who can no longer safely live independently.
- **Hospice Care:** Comfort-focused care for someone with a life-limiting illness, typically when curative treatment is no longer the goal.
- **Palliative Care:** Specialized care focused on comfort, pain relief, and quality of life at any stage of a serious illness.
- **Care Plan:** A written plan outlining a person's medical, physical, emotional, and social needs.
- **Case Manager / Care Manager:** A professional who helps coordinate services and resources for an older adult and family.
- **Social Model vs. Medical Model Adult Day:** A social model focuses more on activities and supervision, while a medical model includes nursing care, medication management, and therapies.

- **Medical**
 - **DNR (Do Not Resuscitate):** A medical order stating that CPR should not be performed if a person stops breathing or their heart stops.
 - **MOLST: Medical Orders for Life-Sustaining Treatment:** A medical form that outlines a person's wishes for emergency and end-of-life care.
- **Legal/Financial**
 - **Durable Power of Attorney:** A legal document that allows someone to make financial or legal decisions for another person.
 - **Healthcare Power of Attorney:** A legal document that allows someone to make medical decisions for another person if they cannot do so themselves.
 - **Advance Directive:** A legal document that explains a person's wishes for medical care in the future.
 - **Guardianship:** A legal arrangement where a court gives someone the authority to make decisions for another person who can no longer make them independently.
 - **Conservatorship:** Legal authority to manage another person's finances and property.
 - **Medicaid:** A joint federal and state health insurance program that is free or low cost to low-income adults, children, pregnant women, elderly adults, and people with disabilities.
(<https://www.medicaid.gov/medicaid>)
 - **Medicare:** Federal health insurance offered to people over the age 65 that have certain medical disabilities or conditions.
(<https://www.medicare.gov/about-us>)
 - **Social Security:** A federal program that provides a source of income when an individual retires or cannot work due to a disability.
(<https://www.usa.gov/what-is-social-security>)
 - **Pension:** A pension is a regular payment made to someone who has stopped working due to age, illness, or retirement. It is typically funded by a government, employer, or pension plan and provides ongoing income after a person leaves the workforce.
(<https://www.pbgc.gov/workers-retirees/new/understanding-pensions>)

Local Services for Older Adults

Transportation – Montgomery County

[Metro Access](#)

[Free Senior Transportation | Montgomery County, MD](#) (301-962-0820)

[Connect-A-Ride](#) (301-738-3252) (ConnectARide@AccessJCA.org.)

[Call-N-Ride](#)

Transportation – Howard County

[Howard County Transportation Resources](#)

[Neighbor Ride](#) (410-884-7433)

[2nd Family](#) (443-609-3640)

Adult Day Services – Montgomery County

[Winter Growth](#) (301-774-7501)

[Easterseals](#) (301-920-9765)

[Worldshine Care](#) (301-250-3555)

[Loving Care Maryland](#) (240-477-6199)

Adult Day Services – Howard County

[Winter Growth](#) (410-964-9616)

[Renaissance Adult Medical Care](#) (443-501-9500)

[Rainbow Terrace Center](#) (301-725-2388)

Memory Care Living Communities – Montgomery County
Sunrise Senior Living
Arden Courts at Silver Spring (240-980-1366)
Arden Courts at Kensington (240-866-2022)
Cedar Creek (301-701-3908)
Kensington Senior Living

Memory Care Living Communities – Howard County
Sunrise Senior Living
Charter Senior Living of Columbia (410-3949-580)
Arbor Terrace Fulton (301-284-3754)
Lighthouse Senior Living (410-847-7304)

Healthcare Specialists in Dementia – Montgomery County
MedStar Health (301-570-7400)
MedStar Health Neurologists
The Neurology Center (301-562-7200) – Dementia patients may qualify for support services through this center.

Healthcare Specialists in Dementia – Howard County
Center for Brain & Neuro (301-490-3700)

Social Supports – Montgomery County
Montgomery County Recreation – senior programming
Senior Services at Holy Cross Health
The Kensington Clubs (301-255-4204) (KensingtonClub@AccessJCA.org)
Benjamin Gaither Senior Center
Rockville Senior Center

Social Supports – Howard County
Howard County 50+ Centers
Connection Social Day Program (410-313-1425) (fstein@howardcountymd.gov)
SeniorsTogether (410-313-7466) (khull@howardcountymd.gov)

Emotional Supports for Caregivers – Montgomery County
Caring Matters (301-869-4673)
NAMI
Helpline 24/7
On-Site Spousal Caregivers Support Group (kmcgloob@kensingtonsl.com)
Alzheimer's and Dementia Support Groups
Memory Care Checklist – Johns Hopkins

Emotional Supports for Caregivers – Howard County
NAMI
Powerful Tool for Caregivers (PTC) (410-313-5955)
Alzheimer's Association: Helpline 24/7
Alzheimer's Association: Alzheimer's and Dementia Support Groups
Howard County Caregivers
Care Talk (410-313-5969) (ethomas@howardcountymd.gov)
Memory Care Checklist – Johns Hopkins

Respite Care – Montgomery County
The Arc – Respite The Arc – Coordination for Seniors
Home Instead (301-588-9710)
Cedar Creek (301-701-3908)

Respite Care – Howard County
Lorien Health (410-531-5300)
Visiting Angels (443-727-1380)
HomeWatch CareGivers (667-359-3830)
Right at Home (410-461-2055)

In-Home Care – Montgomery County
Comfort Home Care (301-984-1401)
Home Instead (301-588-9710)
Homewatch CareGivers of Potomac (240-833-5714)
SmithLife Homecare (301-970-9174)

In-Home Care – Howard County
Griswold Home Care (443-541-4497)
Visiting Angels (443-727-1380)
ComForCare (410-760-8906)
BrightStar Care (410-846-2143)

Medicare/Insurance Support – Montgomery County
MAP – Maryland Access Point
State Health Insurance Assistance Program
SSI/SSDI & Benefits Planning
Homeowners' Property Tax Credit Program
Renters' Tax Credits
BenefitsCheckUp
Senior Assisted Living Subsidy Program
Medicare Savings Program

Medicare/Insurance Support – Howard County
Medicare Information and Counseling (410-313-7392)
BenefitsCheckUp
Senior Assisted Living Subsidy Program
Medicare Savings Program
Maryland Access Point (410-313-1234)
Financial Resources for Assisted Living
Respite and Support Services (410-313-1234)

Case/Care Management Services – Montgomery County
Montgomery County Aging and Disability Resource Unit – 240-777-3000
Care Management Group, LLC – 202-215-9209
Corewood Care –
Medical Consulting and Management –
JSSA Homecare - 240-800-5772.

Case/ Care Management Services – Howard County
Howard County Office on Aging and Independence – 410-313-1234.
Supportive Services for Older Adults Program .
Allyson Stanton Aging Solutions –
The Coordinating Center –
Maryland Access Point – 410-313-1234.

Advance Directive Guides and Other Helpful Tools
Dementia Directive
Compassion & Choices – Dementia Values and Priorities Tool
The Conversation Project for Caregivers
Maryland MOLST – Medical Orders for Life Sustaining Treatment
Five Wishes – Advanced Care Planning Program

Legal Services
Estate Planning Legal Center Justia
Montgomery County, MD Elder Lawyers & Law Firms - Find the Best Near You

Home Safety
United Home Access
Grabwise Home Safety

Financial Assistance/Food Benefits
Supplemental Nutrition Assistance Program (SNAP) – Maryland Department of Human Services
Maryland Senior Prescription Drug Assistance Program (SPDAP)
How to Apply for Benefits Department of Veterans and Military Families

Dementia Education and Resources
<u>The Dementia Society of America</u>
<u>Hilarity for Charity</u>
<u>AARP Resources for Caregivers and their Families</u>
<u>Alzheimer's Association Alzheimer's Disease & Dementia Help</u>