Exploring Montgomery County's Many Older Adult Programs and Services

Montgomery County and its many community organizations offer a wealth of programs and services for older residents — both those who are active and healthy and those needing more support. As an older adult you may have questions about what services and supports are available such as:

• How do I sign up for Montgomery County's recreation and lifelong learning classes?

• Where can my family find help if we need access to food, transportation or housing?

• I'm caring for a family member at home. Are there resources to help me?

• Where's the nearest park where I can take a walk with my grandchild?

• I suspect a family member has been defrauded. What should I do?

• I want to volunteer. Where should I look?

• I am looking for information about local activities to enjoy.

• I want to help a family member stay safely at home.

There are programs to help with consumer issues, employment, health and wellness and recreation, safety, housing, caregiving, tax support, transportation, tech support, volunteering, COVID vaccination and testing, and much more.

You can find just the right information you seek in many different ways. If you use a smart phone, computer, or other digital device, you can visit many useful websites with information about programs, classes, community events and support services.

If you prefer, you can simply call the County's Aging and Disability Senior Resource telephone line at 240-777-3000. Staff there will answer your questions. And should you need it, they can help arrange for information in a language other than English, or you can use the translation link on the County's website.

Consider signing up for a regular e-newsletter, and check out the monthly cable TV program, *50+ in Montgomery County,* a program for and about our residents age 50 and older.

Regardless of what information you want to find, Montgomery County staff and information resources are here for you.

Montgomery County Aging and Disability Resource Unit

(240) 777-3000

Age-Friendly Montgomery County: A Community For a Lifetime
Montgomery County, Maryland Commission on Aging
www.montgomerycountymd.gov/senior

Help Comes in Many Forms

Promoting Choice and Independence

Montgomery County Website for 50+ Residents

Information about consumer issues, employment, health and wellness, recreation, safety, housing, caregiving, tax support, transportation, volunteering, and much more.
https://montgomerycountymd.gov/senior

Montgomery County Aging and Disability Resource Unit

240-777-3000 // via Maryland Relay at 711 // ADS@MontgomeryCountyMD.gov

For detailed information on the topics below, call the number above or visit the senior website at https://montgomerycountymd.gov/senior and click on the topic of your interest.

In-Home Care. Personal care (bathing, dressing) and chore services for people with disabilities and frail older adults

Health and Mental Health. Medicare and Medicaid, clinics, dental care, pharmacy assistance, and wellness resources

Caregiving. Education, support, services and resources for people caring for a loved one

Food/Nutrition. Senior lunch program; also home-delivered meals and grocery delivery

Transportation. Resources in the County including discounts, escorted, and accessible transportation

Housing. Information about housing options, including subsidized and accessible housing

Recreation. Arts, cooking, dance, fitness, guitar, pottery, tai chi, yoga, and more; Montgomery County Senior Recreation: 240-777-4925

Public Libraries. Check your local library for print, audio, large-type and e-books, book clubs, computer help, tax preparation, music performances, and health and wellness programs.

Keeping Seniors Safe is a public outreach program that provides free information and/or speaking presentations to increase awareness of safety issues within the senior community and to provide guidance and resources to seniors.

50+ Volunteer Network. Connects skilled volunteers seeking purposeful opportunities with agencies needing specific assistance

50+ in Montgomery County. This monthly cable television show is for and about the County's residents age 50 and older. www.montgomerycountymd.gov/CCM/seniorstoday.html

Senior News. An email newsletter about events, meetings of interest, and other relevant information. Sign up at: https://bit.ly/MoCoSeniorNews

Senior Planet Montgomery from AARP. Technology education through a wide variety of courses to help older adults learn new skills, save money, get in shape, and make new friends - Call: (240) 753-0676 or visit: https://seniorplanet.org/locations/montgomery

Montgomery County Villages. Villages are local, volunteer-led, grassroots organizations that aim to support older adults who choose to remain in thier neighborhoods as they age. They foster social connections through activities and events using a neighbor-helping-neighbor model. www.montgomerycountymd.gov/village

Adult Protective Services. This office investigates allegations of abuse, neglect and exploitation of vulnerable adults. The program provides professional services to reduce risk factors and promote protection of the health, safety and welfare of endangered, vulnerable adults.

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