



Learn about Programs and Services for

Seniors and Persons with Disabilities

Aging and Disability Services

Promoting Choice and Independence



Health and Human Services

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



MONTGOMERY COUNTY IS A

MARYLAND **ACCESS POINT**

We provide spoken language interpretation. Say the language you would like to speak. Please wait about a minute for an interpreter to join the call.

We provide sign language interpretation and other reasonable accommodations upon request. Please try to make your request at least 3 business days in advance.

Helpful information on reverse side.

Help Comes in Many Forms

Our staff can help you ask the right questions, clarify your needs, and identify resources.

ADULT PROTECTIVE SERVICES

Social workers and nurses respond to concerns about adults who may be at risk of harm due to abuse, neglect, self-neglect, or exploitation.

IN-HOME CARE

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

HEALTH AND MENTAL HEALTH

Access to insurance providers like Medicare and Medicaid, clinics, pharmacy assistance, and wellness resources. Referral to mental health services.

RESPIRE CARE

Short-term breaks for caregivers of frail older adults and people with disabilities. Respite care can be provided inside or outside the home.

SUPPORT FOR FAMILY CAREGIVERS

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

FOOD/NUTRITION

Senior lunch program including American, Chinese, Korean, Vietnamese, and Kosher meals. Home delivered meals and grocery delivery.

FINANCIAL ASSISTANCE

Services and programs providing financial assistance or tax credits. Includes eligibility screenings and help completing applications.

TRANSPORTATION

Transportation resources in the County, including discounts, escorts, and accessible transportation.

HOUSING

Information about housing options, including subsidized and accessible housing.

OTHER

Referrals for adult day care, legal services, home modifications, hospice, and more.

FOR FURTHER INFORMATION, CALL

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Alternative formats of this document available upon request.

