



ELDER HEALTH RESOURCES

Local Resources

Carroll County Bureau of Aging

www.ccgovernment.carr.org/ccg/aging/default.asp

410-386-3800

Services, programs and assistance available to Carroll County older adults, age 60 and over. Services include: Senior Information & Assistance, Elder abuse prevention and awareness, Guardianship, transportation, pharmacy assistance programs, income tax assistance, legal aid bureau, national family caregiver support program, Seniors Keep In Touch (SKIT), Nutrition Program, Senior Inclusion Program, Long Term Care Ombudsman Program, Senior Care Program, Senior Health Insurance Program, Support Groups, Curb Abuse in Medicare and Medicaid, Assisted Living Program, Medicaid Home & Community Based Services Waiver, Health Screenings, Employment, Tax abatement Programs, Energy assistance program, housing counseling and assistance program. The BOA also operates five senior activity centers in Carroll County where older adults can receive services and participate in social, recreational, educational, fitness, health, nutritional, and informational activities.

Maryland Department of Aging - www.mdoa.state.md.us

800-243-3425

Information, education, programs and services for older Marylanders and their families that also includes state, federal and private organizations links.

Carroll County Commission on Aging

www.ccgovernment.carr.org/ccg/aging/cccoa.asp

410-386-3804

The Commission assists the elected officials and the Bureau of Aging in gathering public opinion, providing educational information and supporting senior related events and programs.

Directory of Community Services for Carroll County

community.carr.org/

410-386-4500 x3139

This directory, maintained by the Carroll County Public Library's Community Information Service, contains information on a variety of non-profit and community organizations based in Carroll County and the region. To locate resources applicable to seniors go to "**Search the Directory**" and type in the *subject* you're looking for in the "**Search for this:**" space. An example of *subjects* include (this is not an all inclusive list): aging, elderly, seniors, senior housing, legal services for seniors, medications for seniors, prescriptions, energy assistance, home health services, home medical services, safety for seniors, low income, veterans, disaster, medical equipment, caregivers, senior travel, newspapers.

AARP, Carroll County Chapter #662 - www.aarp.org/states/md/

To help retired persons be informed, active and independent. Service provides educational, social, recreational and volunteer activities. Also see: National site, www.aarp.org

ProAging.com - www.retirement-living.com/proaging

Online tool for professionals to better serve seniors, caregivers, their families.

Seniors Keep in Touch (SKIT)

www.ccgovernment.carr.org/ccg/aging/services.asp

410-386-3800

To improve the quality of life for eligible isolated seniors through pre-arranged telephone links.

Senior Provider Information Network (SPIN)

www.carrollcountyspin.org

410-386-3800

Fosters communication and cooperation among the providers of geriatric services with the goal of facilitating access to resources and decreasing gaps in service. Meetings are held the third Wednesday of the month at the Westminster Senior Center.

Social Security District Office, Westminster

www.socialsecurity.gov

800-772-1213

Administers Social Security programs (retirement, survivors, disability) and Medicare enrollment.

Caregiver Support

National Family Caregivers Support Program <http://ccgovernment.carr.org/ccg/aging/services.asp>

410-386-3800

Provides service information to caregivers, information and referrals to community programs, support groups, training, respite care to temporarily relieve caregivers of their duties, and supplemental care services. This program is also open to grandparents or other relatives over the age of 60 caring for a child under 18, or those caring for individuals over the age of 60.

Alzheimer's Association, Greater Maryland Chapter

www.alz.org/maryland

800-272-3900

To enhance care and support for individuals, their families, and caregivers. Offers supportive services that include a 24-hour telephone helpline, support groups, a safe return program, a family care program, a respite program, and an early stage memory loss program.

Also see: **Education** -

Alzcast.org - www.Alzcast.org

The Copper Ridge Institute - www.crinstitute.org

Education

The Copper Ridge Institute - www.crinstitute.org

410-552-3218

Affiliated with the Johns Hopkins University School of Medicine, provides education and training in dementia care to family caregivers and healthcare professionals.

Alzcast.org - www.Alzcast.org

Alzcast.org, in cooperation with The Copper Ridge Institute and the Johns Hopkins University School of Medicine, aims to increase knowledge about Alzheimer's disease to effectively enhance the quality of care through improved information and training. Using cutting edge technology, this web site helps doctors, nurses, caregivers, and other healthcare professionals successfully cope with the impact of the disease on their patients and family members/other care providers and to keep up with the latest scientific findings. The site is designed to empower its audience with the most current information about the disease as well as diet, exercise, and other lifestyle tips to maintain the highest quality of life.

Carroll Community College - www.carrollcc.edu 410-386-8000
Senior Adults at Carroll Provides courses and events for adults age 60 and over.

McDaniel College - www.mcdaniel.edu
The Center for the Study of Aging - www.mcdaniel.edu/csa 410-386-4609
 or
 410-386-4618

Degree and continuing education opportunities for graduate and undergraduate students, service providers, community leaders, policy makers, and others interested in the field of aging.

Carroll County Public Library - www.library.carr.org 410-386-4500
 Promotes lifelong learning and lifelong enjoyment. Offers computers for public use that includes internet accessible and Microsoft Office software. Offers a wide variety of materials including books, magazines, audiocassettes, CDs, DVDs, feature and instructional videos, large type books and MP3 format, and research resources. Adult programs and instructional workshops on a wide range of topics such as: poetry, alternative energy sources, flower arranging, blogging, genealogy, Sudoku, writer's groups, author lectures and book signings, book discussion groups and programs to share with grandchildren.

Library Link Service to Seniors brings library material to residents of nursing homes, assisted living homes, adult day care centers, retirement communities, Meals on Wheels clients, and the homebound.

Also see: **Caregiver Support** -
Alzheimer's Association, Greater Maryland Chapter - <http://www.alzgm.org>

Employment

Carroll Works - Carroll County Business & Employment Resource Center <http://www.carrollworks.org> 410-386-2820

Employment counseling, career guidance, job search techniques, skills upgrade training, test preparation, remedial education, and job placement assistance.

Health Care & In-Home Services

Nursing Homes, Assisted Living Homes, and Adult Day Care Services

A complete listing of senior care facilities in Carroll County can be found at the Bureau of Aging website under “Links to Other Documents” - www.ccgovernment.carr.org/ccg/aging

Carroll Hospital Center - www.carrollhospitalcenter.org/content/Senior.htm 410-848-2244
Provides a variety of services for community members embarking on their senior years. Offers a multitude of medical specialists from orthopedics and internal medicine physicians to gerontologists and urologists. A full range of the latest minimally invasive surgical techniques for a variety of conditions is available. An inpatient unit is provided for geriatric patients to meet their special needs. Carroll Hospital Center helps older patients manage their health with services such as health and wellness programs for seniors and a bi-weekly LifeFit Aerobics program that is free and open to the public.

Access Carroll - www.accesscarroll.org 410-871-1478
Provides health care to the uninsured of Carroll County

Carroll County Health Department www.carrollhealthdepartment.dhmf.md.gov/healthservices.htm 410-876-4900
To protect the public health of the community, to assure access to health care, and to promote and encourage healthy behaviors.

Maryland Department of Health & Mental Hygiene
www.dhmf.md.gov/seniors 877-463-3464
Information for seniors over 50 on Adult Care & Planning, health care: flu information, Medicaid long-term care services, Medicaid waiver program, primary care and rural health, chronic disease prevention, Medicare Part D Pharmacy.

Carroll Home Care - www.carrollhospitalcenter.org/content/CarrollHomeCare.htm
Provides home care to community residents using a plan of care developed collaboratively with the primary physician, patient, family, and staff. Services include skilled nursing care, infusion therapy, maternal/child health services, home health aides, and physical, occupational, and speech therapy.

Catastrophic Health Planners, Inc. - www.chp1.org 410-871-0751
Provides free support through educational development, information on financial planning, legal, medical and accounting advice, and counseling referrals to those facing a catastrophic health event.

Community Home Health of Maryland 410-356-1600

Medicare-certified program provides comprehensive, high quality medical care to Medicare patients; physical, occupational, and speech therapies; home health aides, and medical social workers.

Home Call, Inc. - www.homecallinc.com 410-848-5379

Medicare-certified home health agency offers skilled nursing, physical, speech and occupational therapy, medical social services and home health aides.

Lutheran Home Care Services - www.lutheranhomecare.org 410-751-2429

Medicare-certified home health agency. Services available in the client's place of residence include: skilled nursing care, certified home health aide services, comprehensive rehabilitation services, medical social services.

MedStar Health Visiting Nurse Associates

www.medstarhealthvna.org 410-933-2900

Licensed and certified home health services include skilled nursing care, home health aides, speech, physical, and occupational therapy.

NovaCare Outpatient Rehabilitation - www.novacare.com 410-549-4960

Provider of physical and occupational therapy services

Right at Home In-Home Care and Assistance - www.rahmd.net

410-871-9804

Provides trained, certified, insured, and bonded caregivers for a variety of care giving needs for as little as a 1 hour a day up to 24 hours a day, seven days a week. Services include companionship, meal preparation, light housekeeping, transportation, medicine reminders, bathing, dressing, transfer assistance and much more.

Rosner Healthcare Consulting

www.rosnerhealthcareconsulting.com 410-591-5963

Offers care management, patient navigation and patient advocacy to help you locate those which best meet your individual and financial needs which include health assessments, home safety assessments, emotional support, level of care placement options, liaison to both family and medical staff.

Visiting Angels - www.visitingangels.com 800-365-4189

Companion care and personal care services are designed to take over or assist in the activities that elders need to be able to stay at home safely and with dignity. These may include fall prevention, medication and fluids reminders, light housekeeping, grooming or bathing assistance and running errands.

Family and Children's Services of Central Maryland

www.fcsmd.org 410-840-0406

Provides medical adult day care at West End Place and In-Home Aide Services throughout Carroll County. In-Home Services include personal care, housekeeping, laundry, grocery shopping and caregiver respite.

Home Services

Caring Carroll - Email: CaringCarroll@Hotmail.com 410-775-5596

Volunteers provide non-professional services to adults of any age who are chronically ill, disabled, or older, frail and isolated. Services include: friendly visits, reading, yard work, minor home repairs, transportation, errands, light housework, grocery shopping, relief for long-term caregivers, telephone reassurance, occasional light meal preparation, etc.

A Clear Path 410-386-3800

Organized by the Bureau of Aging this program recruits volunteers to provide assistance with snow and ice removal for isolated older adults, age 60 and over, and individuals with disabilities, age 50 and over who live in Carroll County.

Hospice

- **Carroll Hospice** - www.carrollhospitalcenter.org/content/CarrollHospice.htm

To enhance the quality of life of patients with life-limiting illnesses, and to provide bereavement support to patients' families. Offers supportive care, pain and symptom management, and bereavement support. Care can be provided at home, at an assisted living facility, or in a nursing home. Carroll Hospice operates an inpatient facility, Dove House, available for hospice care.

Gilchrist Hospice - www.gilchristhospice.org 443-849-8200

Provides comfort oriented care with a holistic approach aimed at achieving comfort throughout the progression of the illness. Members of the hospice team work closely together to provide services including medical care, nursing care, social work, home health and volunteer assistance, as well as spiritual and grief counseling and support.

Hospice & Palliative Care Network of Maryland - www.hnmd.org 410-729-4571

Non-profit organization to promote quality end-of-life care acts as an advocate for individuals and families facing the myriad of physical, psychological, spiritual and practical challenges associates with a life-limiting diagnosis, prognosis and with bereavement.

Stella Maris Hospice - www.stellamarisinc.com 410-252-4500

Provides spiritual, mental, emotional and physical care to the patient, their loved ones and other caregivers either at home or in their inpatient hospice unit.

News Media

WTTR- AM 1470 Radiowww.wttr.com/programming.html

410-848-5511

Local news, community information, music of the 50's, 60's, and 70's, Sunday church services, public affairs, health matters

Carroll County Timeswww.carrollcountytimes.com

410-848-4400

Local news, community information, people, sports, entertainment, features.

Guide to Retirement Livingwww.retirement-living.com

800-394-9990

A publication that provides a guide to services for seniors and their families in Maryland that includes: resources, housing options, legal/financial issues, help for families, continuing education, aging in place and featured articles.

Radio Reading Network of Maryland - www.radioreadingnetwork.org 410-462-8580

Reads current newspapers and magazines over closed-circuit radio to visually and physically impaired Maryland residents. The network broadcasts 24 hours a day, seven days a week. Annual fee \$50; full/partial fee waivers available.

Also see: **Directory of Community Services - www.community.carr.org**

Nutrition**Meals on Wheels - www.mealsonwheelsmd.org**

410-857-4447

Provides meals to homebound persons of any age or economic status who are unable to shop or prepare meals for themselves.

Carroll County Food Sunday - www.ccfoodsunday.org

410-857-7926

To collect food and money to buy food, and make it available to people who are hungry.

Carpenter's Table

410-756-2500

Provides a community meal each Thursday for the elderly, disadvantaged, working poor, or anyone in the Taneytown/Northwest C.C. area. A clothing bank and medical assistance also available

Shepherd's Table - www.shepstaff.org

410-857-5944

A food program of Shepherd's Staff. The Friday Soup Kitchen is served at the Westminster United Methodist Church, Thanksgiving Day dinner is served at St. John Roman Catholic Church, and emergency meals are available.

Eat Smart, Be Fit Maryland - www.eatsmart.umd.edu

Information on how to live healthy: planning meals, recipes, eating on a budget, grocery specials, managing your food money, ask an expert.

Driving

AARP Driver Safety Program - www.aarp.org/drive

Driving course ensures that drivers ages 50+ stay safe behind the wheel. Topics include: How overall fitness affects driving, Important strategies for staying crash-free, Challenges of city vs. rural driving, Tips for highway driving, Understanding a vehicle's safety features and new technology, and Warning signs of unsafe driving.

CarFit - www.car-fit.org

Trained technicians lead senior drivers through a 12-point checklist with their vehicle, recommend personal vehicle adjustments and offer community specific resources that could make their personal "fit" better or enhance their safety behind the wheel. Occupational therapists provide information to older drivers on how to maintain and strengthen driving health.

Fifty-Five Alive/Mature Driving Course - www.aarp.org/states/md

A safe driving course designed to meet the specific needs of the older driver

Other related sites can be found under: **Senior Driving Information**

Recreation & Travel

Library Link Service to Seniors - www.library.carr.org 410-386-4450 ext. 7732

Brings library material to residents of nursing homes, assisted living homes, adult day care centers, retirement communities, Meals on Wheels clients, and the homebound to encourage lifelong learning and lifelong enjoyment.

Senior Nature Club 410-848-3874

Provides seniors interested in nature with outdoor activities, videos, and speakers.

Therapeutic Recreation Council

www.ccgovernment.carr.org/ccg/recpark/rec-coun.asp 410-386-2604

To meet the recreational and leisure needs of the physically, mentally, and emotionally disabled.

Programs for seniors include: water therapy, recreational games, art and music therapy.

Carroll County 4-H/FFA Fair - www.carrollcountyfair.com 410-848-FAIR

Senior Citizens Day Senior Citizen Exhibits and Judging, social, grandparent essay contest, entertainment.

Seniors in Action Recreation Council

www.ccgovernment.carr.org/ccg/recpark/rec-coun.asp 410-386-2604

Plans programs and recreational opportunities for active, independent seniors throughout Carroll County. Guest speakers, special programs, sight-seeing trips, tours, and dinner theaters. Ages 55+.

Safety

Carroll County Department of Social Services

www.dhr.state.md.us/carroll.htm

410-386-3300

Protects vulnerable adults at risk of abuse, neglect/self-neglect, or exploitation

Carroll County Triad/SALT Council

www.ccgovernment.carr.org/ccg/sheriff/triad.htm

410-386-2900

Develops and implements effective crime prevention and education programs for older community members. Provide activities which center on prevention of victimization and victim assistance services. Discusses crime related matters and various activities in neighborhoods that are a concern to their residents.

Also see: **Local Resources** –

Seniors Keep In Touch (SKIT) - www.ccgovernment.carr.org/ccg/aging/services.asp

Special Occasions (Birthday/Anniversary)

Gubernatorial Greetings - Email: dshuman@gov.state.md.us

Receive a note of congratulation from the governor to those celebrating their 60th or subsequent birthday or to couples marking milestone anniversaries (25th, 30th, 50th, +)

Presidential Greetings - www.usgovinfo.about.com/cs/consumer/a/greetings.htm

The White House will send greeting cards signed by the President of the United States to commemorate special events, accomplishments or milestones free of charge to U.S. citizens.

Transportation

CATS (Carroll Area Transit System) - www.carrolltransit.org 410-857-0884

Provides safe, efficient, affordable, customer-friendly community transportation to ensure mobility for the residents of Carroll County.

Butler Medical Transport - www.butlermedicaltransport.com 888-602-4007

Provides basic life support ambulance service, advanced life support transport service, specialty care transportation, ambulatory and wheelchair transportation.

Blue Blazes, Inc. Mobility Services - www.blueblazesinc.com 410-871-2583
Non-emergency transportation services for those who in need of transportation to maintain their everyday schedule. Services provided for anyone with mobility needs including: wheelchairs, walkers, unsteady on their feet, prone to falling, injured, etc.

National Resources

AARP - www.aarp.org 888-227-7669
A nonprofit, nonpartisan membership organization for people age 50 and over dedicated to enhancing quality of life for all as they age. AARP leads positive social change through information, advocacy and service.

Active Forever - www.activeforever.com 800-377-8033
Helpful products for independent living.

Aging issues and elder care - www.helpguide.org/elder

Aging Parents and Elder Care - www.aging-parents-and-elder-care.com
Information for caregivers and seniors

Alzheimer's Association, National Site - www.alz.org
The leading voluntary health organization in Alzheimer care, support and research.
Also see: **Maryland Chapter**, www.alz.org/maryland

American Cancer Society
www.cancer.org 800-ACS-2345
ACS is committed to fighting cancer through balanced programs of research, education, patient service, advocacy, and rehabilitation.

American Lung Association - www.lungusa.org 800-548-8252
Maryland Chapter: 410-560-2120
Information on lung diseases, asthma, tobacco control, environmental health, research and professional education, advocacy programs, multicultural programs, communications programs. Also in Spanish.

American Society on Aging - www.asaging.org 800-537-9728
The largest organization of multidisciplinary professionals in the field of aging. Resources, publications, and educational opportunities are geared to enhance the knowledge and skills of people working with older adults and their families.

Arthritis Foundation - www.arthritis.org 800-283-7800

Maryland Chapter: 800-365-3811

To improve lives through leadership in the prevention, control and cure of arthritis and related diseases.

Caring Connections - www.caringinfo.org 800-658-8898 Spanish: 877-658-8896

A program of the National Hospice and Palliative Care Organization to improve care at the end of life.

Elderhostel - www.exploritas.org

Provides learning opportunities through educational and cultural institutions worldwide for individuals age 55 and older

Family Caregiver Alliance National Center on Caregiving

www.caregiver.org

800-445-8106

Uniting research, public policy and services, the NCC serves as a central source of information on caregiving and long-term care issues for policy makers, service providers media, funders and family caregivers throughout the country. Services include: Caregiver Alerts/State & National Policy Initiatives, Caregiver Information & Assistance, Research & Publications, Technical Assistance, Training.

Gold Violin - www.goldviolin.com

877-648-8400

Helpful products for independent living

Healthy Aging Campaign - www.healthyaging.net

A national ongoing health promotion designed to broaden awareness of the positive aspects of aging and to provide information and inspiration for adults, age 50+, to improve their physical, mental, social, and financial fitness.

Helpguide - www.helpguide.org

Articles and resources on mental health, healthy lifestyle, seniors and aging.

Independent Living Aids - www.independentlivingaids.com

877-785-8326

Helpful products for independent living.

Life Solutions Plus - www.lifesolutionsplus.com

877-785-8326

Helpful products for independent living.

Mayo Clinic

www.mayoclinic.com/health/senior-health/HA99999

Information on aging, living longer, living healthy, health care decisions.

National Aging in Place Council - www.naipc.org

202-939-1784

A membership organization with a national forum for individuals from the aging, healthcare, financial services, legal, design and building sectors to work together to help meet the needs of our growing aging population, so they can continue living in the housing of their choice.

National Center on Elder Abuse

www.elderabusecenter.org

302-831-3525

A gateway to resources on elder abuse, neglect, and exploitation.

National Council on Aging - www.ncea.aoa.gov

202-479-1200

Programs help older people remain healthy and independent, find jobs, increase access to benefits programs, and discover meaningful ways to continue contributing to society.

National Family Caregivers Association

www.thefamilycaregiver.org

800-896-3650

The National Family Caregivers Association educates, supports, empowers and speaks up for the more than 50 million Americans who care for loved ones with a chronic illness or disability or the frailties of old age.

National Hispanic Council on Aging - www.nhcoa.org

202-347-9733

The National Hispanic Council on Aging is dedicated to improving the lives of Hispanic older adults, their families, and their communities.

National Indian Council on Aging - www.nicoa.org

505-292-2001

To improve the health and social services for American Indian and Alaska Native Elders.

National Institute of Health - www.nihseniorhealth.gov

Senior health information developed by the National Institute of Aging and the National Library of Medicine.

Presidential Greetings - www.usgovinfo.about.com/cs/consumer/a/greetings.htm

The White House will send greeting cards signed by the President of the United States to commemorate special events, accomplishments or milestones free of charge to U.S. citizens.

Senior Driving Information

www.nhtsa.dot.gov/people/injury/olddrive/Driving%20Safely%20Aging%20Web/

Driving safely while aging gracefully.

www.granddriver.info

Driver refresher courses, driver rehabilitation specialists, alternative transportation options, family resources, older driver facts.

www.SeniorDrivers.org

Tips and guides on staying safe on the road, "Giving Up Keys" for families and individuals - planning for that time when driving is no longer a viable alternative.

"Providers" is a section meant specifically for providers of senior supplemental transportation systems. "Researchers" shows some of the current and past research addressing aging and mobility. CarFit brochure to maximize the comfort and control of the vehicle you drive. Current tools: which will assess your driving skills and areas for improvement: Roadside Review, DriveSharp Calculator, and Driver 55+.

Spirituality, prayer, healing - www.helpguide.org/life/spirituality_prayers.htm

Building strength through faith.

USA.gov

www.usa.gov/Topics/Seniors.shtml

800-333-4636

Information, services and resources from the U.S. government for seniors. Consumer protection, education/jobs and volunteerism, end-of-life issues, federal and state agencies, health, housing, laws & regulations, money & taxes, retirement, travel & recreation (also in Spanish and other languages).

U.S. Food & Drug Administration - www.fda.gov/oc/seniors/

800-216-7331

FDA's information for older people covers a wide range of health issues, including arthritis, cancer, health fraud, and nutrition (also in Spanish).

White House Conference on Aging - www.whcoa.gov Develops recommendations for additional research and action in the field of aging and aging policies in the country.

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For more information, contact:

The Partnership for a Healthier Carroll County, Inc.
410-871-7645

ThePartnership@HealthyCarroll.org