

Baltimore County Department of Aging

Services and Supports to our Community



LONG TERM SERVICES AND SUPPORT



Maryland Access Point (MAP)

410-887-2594

- ▶ Expanded to a single point of entry for seniors and individuals with disabilities
- ▶ MAP provides resource information, referrals and connection to assistance for seniors, their families, caregivers and younger people with disabilities
- ▶ If individuals need a more extensive consultation, they can call and schedule an Options Counseling session to explore their options and prepare for their future with an Action Plan
- ▶ We also do the LTSS Level 1 screen for Community First Choice, Community Options, and CPAS
- ▶ Medical equipment Loan Closet is available for individuals age 60 and over. We also have Assistive Technology demonstrations to try out small devices that help with activities of daily living (by appointment only)



MARYLAND ACCESS POINT

YOUR LINK TO HEALTH & SUPPORT SERVICES



Community Outreach - 410-887-2594

- ▶ Community Outreach Specialists located throughout the county
- ▶ Provide assistance with applying for benefits and services.
- ▶ Referrals are accepted through the MAP office

Caregiver Program- 410-887-4724

- ▶ 1:1 Consultations
- ▶ Grandparent Support
- ▶ Annual Caregiver Conference
- ▶ Quarterly Newsletters
- ▶ Resource Sessions
- ▶ Dementia Friendly Initiative



Senior Resources - 410-887-2594

- ▶ Senior Care
- ▶ Senior Assisted Living Subsidy
- ▶ Home Safety
- ▶ Home Delivered Meals
- ▶ Seniors in Need

Long Term Care Ombudsman - 410-887-4200

- ▶ Advocacy
- ▶ Education
- ▶ Volunteers



Home Team 410-887-2594

- The Home Team program enables community volunteers to serve as friendly visitors for homebound Baltimore County residents aged 60 and older. This program matches volunteers who provide friendly in home, or telephone visits with seniors



COMMUNITY SERVICES



Age-Friendly Baltimore County

The Age-Friendly Baltimore County initiative is an effort that aims to ensure all people, regardless of age, who live, work, play, raise their families and age in Baltimore County do so with the best quality of life possible.

- It is a community that enables people of all ages and abilities to actively participate in community activities and treats people with respect, regardless of age.
- It is a place—city, town, county, state—that makes it easy for older people to stay connected to people that are important to them and their communities.
- It helps people stay healthy and active regardless of their abilities and age, and provides appropriate support to those who can no longer look after themselves.

For more information or how to get involved, please email afbc@baltimorecountymd.gov or call 410-887-7985.

An infographic titled "BUILDING AN AGE-FRIENDLY COMMUNITY IN BALTIMORE COUNTY" is displayed on a light green background. At the top right is the Baltimore County seal. The infographic is divided into eight sections, each with a photograph and a label: "OUTDOOR SPACES AND BUILDINGS" (two people walking a dog on a path), "TRANSPORTATION" (a person in a wheelchair on a bus), "HOUSING" (two people in front of a house), "SOCIAL PARTICIPATION" (three people sitting at a table), "RESPECT AND SOCIAL INCLUSION" (two people holding rainbow flags), "COMMUNICATION AND INFORMATION" (two people looking at a computer), "EMPLOYMENT AND CIVIC PARTICIPATION" (a woman talking to a man at a desk), and "COMMUNITY AND HEALTH SERVICES" (a group of people in a meeting). At the bottom, the BCDCA logo is shown, and the website www.baltimorecountymd.gov/aging is listed.

VOLUNTEER OPPORTUNITIES

VOLUNTEER CENTER

An online Volunteer Center that connects people with local non-profits and Public agencies

RSVP

The Retired and Senior Volunteer Program is designed for persons aged 55 and older who would like to serve in various volunteer positions throughout the county



OUTREACH TO UNDERSERVED OLDER ADULTS

▶ VILLAGES OF BALTIMORE COUNTY

THE VILLAGE MODEL

Neighbors Caring for Neighbors! Villages are consumer-driven, grassroots community-based organizations. Villages are formed through a cadre of caring neighbors who want to change the paradigm of aging. Through their efforts, local Villages become the foundation for connecting members to a full range of support services to help with non-medical household tasks, services, programs and transportation. Villages promote staying active by coordinating recreational, social, educational and cultural programs. These social activities minimize isolation and promotes interaction amongst their peers.

▶ OUTREACH TO IDENTIFIED COMMUNITIES



State Health Insurance Assistance Program

- ▶ 1:1 Counseling by trained volunteers
- ▶ Part D Education and Enrollment
- ▶ Community Presentations
- ▶ Healthcare Fraud and Abuse Prevention



Navigating Medicare



SENIOR CENTERS AND WELLNESS



Senior Centers - 410-887-2040

- ▶ You can “Energize Your Life” at any one of our 20 in-person Senior Centers
- ▶ Online Programs for Adult Learners (OPAL) Center is our “virtual senior center” offering a full range of online programs and activities
- ▶ Full range of social, recreational, and educational programs available to provide skill development, companionship and engagement
- ▶ Age requirement is 60 years of age at most centers; 3 centers are open to those 50 years and older. Spouses of any age welcome to join
- ▶ Membership is free and open to county and non-county residents. Some classes and activities have fees to participate
- ▶ Each senior center publishes a monthly newsletter detailing the classes and activities available - online at www.baltimorecountymd.gov/seniorcenters
- ▶ 14 fitness centers available within the county - small annual fee to use
- ▶ Each year, the centers host a “Get Ready! Get Set! Get Fit! 5K run/walk to raise money for the fitness centers and exercise programs



Center Connection

- ▶ Operates in eight of our Senior Centers
- ▶ Designed for seniors aged 60 or older who need some assistance linking to the services or programs offered at the senior center
- ▶ Center Connection Specialist supports members' integration into the senior center
- ▶ The goals of the program are to maximize independence, enhance social interactions, develop new friendships, create and sense of purpose, and participate in meaningful activities
- ▶ Refers members and caregivers to other services as needed



Eating Together Congregate Meals - 410-887-3052

- ▶ Tasty, nutritious meals served in senior centers and community housing sites - Kosher and non-Kosher meals
- ▶ Each meal must provide one third of the Recommended Dietary Allowance (RDA) for older adults as established by the Food and Nutrition Board of the National Research Council, National Academy of Sciences, and meet the Dietary Guidelines for Americans
- ▶ All menus are reviewed by a registered dietitian to ensure nutritional requirements are met
- ▶ A recommended confidential, voluntary contribution towards the cost of the meals is requested
- ▶ **Eligible Meal Participants**
 - ▶ Individuals 60+ years of age and spouse
 - ▶ Disabled residents under 60 in Senior Housing where program is offered
 - ▶ Person with disability living with and accompanied by participant - does not have to be a relative
 - ▶ Any volunteer in Nutrition Program working at least 2 hours per week



Evidence-Based Programs - 410-887-3423

- ▶ BCDA offers screenings, evidence-based programs and health education presentations emphasizing wellness and disease prevention
- ▶ Evidence-based programs include:
 - Aging Mastery Program
 - Aging Mastery Program for Caregivers
 - Bingocize
 - Dealing with Dementia
 - EnhanceFitness
 - Fit and Strong!
 - GeriFit
 - Stepping On: Fall Prevention Education
 - Take Charge: Chronic Disease Self-Management Program (CDSMP)
 - Take Charge: Diabetes Self-Management Program (DSMP)
 - Take Charge: Chronic Pain Self-Management Program (CPSMP)
 - TimeSlips Memory Activity
- ▶ Online registration available at www.baltimorecountymd.gov/healtheducation



CountyRide 410-887-2080

Department of Public Works and Transportation

ELIGIBILITY:

County Resident

Seniors—60 years of age or older

Persons with disabilities ages -18 - 59 years of age

Rural residents of all ages—Those who reside within the rural boundaries as determined by Baltimore County.

TYPES OF TRIPS:

Medical

Non-medical

Same-day

Shopping Shuttle



Digital Inclusion Initiative- 410-887-2002

- ▶ BCDA offers the following:
 - ▶ Device giveaways to those financially eligible,
 - ▶ Training opportunities and
 - ▶ Resource support to older adults.
- ▶ Initiative has been recognized with a National Association of Counties Achievement Award, USAging Award and a Maryland Digital Inclusion Award for its efforts to close the digital divide.
- ▶ Online information is available at <https://www.baltimorecountymd.gov/departments/aging/programs-services/technology-resources/>



Power of Age Expo - 410-887-2002

- ▶ The Power of Age Expo, held in October, is the largest resource event in the Mid-Atlantic for older adults.
- ▶ The event features the following:
 - ▶ Two hall filled with vendors and sponsors offering resources
 - ▶ Live continuous entertainment and interactive feature areas
 - ▶ Creative Arts Exhibition of art and writing masterpieces
 - ▶ Close to 4,000 guests in 2023
 - ▶ Supports our Seniors in Need Fund
- ▶ Online information is available at <https://www.powerofageexpo.com>



Questions?

Michelle Mills, Deputy Director
mlmills@baltimorecountymd.gov
410-887-2016

Website: www.baltimorecountymd.gov/aging
Facebook: @BaltimoreCountyAging

State Resources: Maryland Department of Aging
www.aging.Maryland.gov
410-767-1100

