



Caregiver Outreach Events in Montgomery County

Every day as a caregiver you experience joys and challenges. All caregivers benefit through: practical guidance, emotional support and as needed: connection with skilled providers.

Caregiver support is a vital part of our community.

These programs are welcoming to all community members who provide care for their loved one.

You are welcome to attend one or more of these events.

All events are free and non-commercial.

[Click here to register online](#)

Introducing Maryland's Technology Assistance Program and Caregiver Supports

Tuesday November 13 - 6.30pm-8.30pm

(MD TAP) Maryland's Technology Assistance Program provides tools to help Marylanders with disabilities and seniors enjoy the same rights and opportunities as other citizens. The free services include equipment demonstrations, equipment loans, a device-exchange program, training, and public awareness initiatives. There are two low-interest financing programs for the purchase of assistive technology and provide access to cooperative buying discounts on AT purchases.

- **Location:** Silver Spring Library (Meeting Room 2)
- 900 Wayne Ave, Silver Spring, MD 20910
- Free parking available at the Wayne Avenue parking garage located across the road.
- RSVP – 240-777-3037

Care for Caregivers – Up County

Monday November 19, 2pm-4pm

Hosted by the Damascus Senior Center, open to everyone. Join in this helpful presentation and hear about: How to reduce stress, Caregiver education, County resources for caregivers, Tools to navigate local supports, How caregivers can maintain a healthy mind, body and soul, Planning ahead as a caregiver and much more

- **Location:** Damascus Senior Center
- 9701 Main Street, Damascus MD 20872
- RSVP – 240-777-3037

Celebrate National Family Caregiver Month - Introduction to Caregiving

Wednesday November 28, 7 pm- 9:00 pm

Host: Holy Cross Caregiver Resource Center. Enjoy light refreshments and enter a raffle while hearing from a panel of family caregivers and learning about resources.

This is an excellent opportunity to come and learn from the experts about: what are caregiver support groups and adult medical day programs.

- **Location:** Holy Cross Health Building
- 10720 Columbia Pike Silver Spring, MD
- 1st Floor Conference Room
- Free Parking on-site
- RSVP by calling 301-754-7152 or email weberk@holycrosshealth.org

Prepare to Care

Thursday November 29, 6.30pm-8.30pm

Co-hosts: AARP Maryland and Montgomery County's Caregiver Support Program. Family caregiving is central to AARP's social mission. Prepare to Care: A Resource Guide for Families was developed by AARP to help make the job more manageable. It includes information on how to have vital conversations with older family members, organize important documents, assess your loved one's needs and locate important resources.

Attendees will better understand how to be prepared and the importance of planning before a crisis, establish framework for developing an individual caregiving plan. Presented by AARP volunteer Phyllis Meyerson, LCSW-C. Ms Meyerson has extensive experience conducting caregiver outreach, has been served as an ombudsman and a volunteer presenter with the Alzheimer's Association.

- **Location:** Gaithersburg Library
- 18330 Montgomery Village Ave.
- Gaithersburg, MD 20879
- Free Parking on-site
- RSVP – 240-777-3037



Presented by: Montgomery County's Caregiver Support Program

montgomerycountymd.gov/senior/caregiver.html

Continue.....