



FAMILY CAREGIVERS RESOURCE GUIDE

EMERGENCY CONTACTS

Emergency: 911 (for mental health emergency, ask for CIT certified officer)

Food, Housing & Utility Assistance: 211

Poison Control: 1-800-222-1222

Alzheimer's Association: 800-272-3900

Legal Assistance: Pro Bono Counseling WARMLine 410-598- 0234

Baltimore Family Caregivers Program: 410-396- 1337

Maryland Access Point: 1-844-627-5465

Behavioral Crisis (Mental Health): 988

Adult Protective Services: 1-800-917-7383



For the most up to date resources searchable by need, zip code, and more, visit charmcare.org.

IF FOUND, PLEASE RETURN THIS FOLDER TO

IF FOUND, PLEASE RETURN THIS FOLDER TO	
Name	
Phone	
Email	

You Might be a Caregiver— And You Deserve Support

- Get Connected to Caregiver Services
- Discover your value
- Join our supportive community



Call **410-396-CARE (2273)** or visit: bit.ly/baltcares





The Baltimore City Health Department administers services to help families care for frail older relatives and grandparents, or older relatives who serve as caregivers for minor children or children with disabilities.

SERVICES

- Assistance in gaining access to services
- Individual counseling
- Support groups and caregiver training
- Respite care
- Supplemental services (housing improvement, medical supplies)
- Legal assistance for caregivers

CAREGIVER GRANTS

Financial Support for Caregivers

- Amounts may vary
- Processing Time - 90+ days
- Funds for respite care, out of pocket caregiver expenses
- Subject to availability

CAREGIVER GRANTS APPLICATION PROCESS

Eligibility Requirements

Caring for Ages 60+:

- Caregiver must be 18+ years old
- Care recipient needs help with 2+ ADLs
- Medical verification required
- Not required to be blood relatives

Grandparents/Relatives:

- Caregiver must be 55+ years old
- Caring for children 18 and younger
- No medical verification needed

Disabled Persons 18-59:

- Caregiver must be 55+ years old
- Medical verification required
- ADL assistance documentation needed

CARE RECIPIENT MUST BE A BALTIMORE CITY RESIDENT AND CAREGIVER MUST LIVE WITHIN A 60 MILE RADIUS

Required Documents:

- Family Caregiver Grant Request Form
- Medical Status Verification Form (if applicable)
- W-9 Form for payee
- Maryland State ID or Picture ID copy
- Social Security Card copy (unaltered)
- Receipts, invoices, or bills
- Notarized letter (if not same household)

Application Steps

- Call the Family Caregivers Program at **410-396-1337** to obtain application package
- Complete Family Caregiver Grant Request form
- Have physician complete Medical Status Verification (if required)
- Gather all required documents
- Submit complete application package
- Wait for processing (90-180+ days)

**FOR MORE INFORMATION, VISIT
BIT.LY/BALTCARES**

IMPORTANT CONTACTS

	Name	Phone
Primary Caregiver		
Emergency Contact #1		
Emergency Contact #2		
Emergency Contact #3		
Primary Care Physician		
Medical Specialist		

CARE RECIPIENT INFORMATION

Name	
Birthdate	
Blood Type	
Allergies	
Preferred Hospital	
Medications	

RESPITE CARE SERVICES

What is respite care?

Respite care provides temporary relief for primary caregivers by offering short-term care services. This allows caregivers to take breaks, attend to personal needs, or simply rest and recharge.

Types of Respite Care

- In-home respite care
- Adult day care programs
- Overnight respite care
- Weekend respite programs
- Emergency respite care
- Recreational respite programs

How to Access Respite Care

- Contact Baltimore City Family Caregivers: 410-396- 1337
- Apply for Maryland DHS Respite Care Program: 443-423-6600
- Check with your insurance provider
- Contact local Area Agency on Aging
- Explore community-based organizations

RESPITE CARE PLAN

	Name	Phone	Notes
Preferred Respite Care Provider			
Respite Care Emergency Contacts			

Care Recipient Preferences	
Special Instructions	

ITEMS TO PREP FOR RESPITE CARE

- Medications
- Medical Equipment
- Personal Care Items
- Comfort Items
- Clothing
- Emergency Contact List

SELF CARE TOOLKIT

YOU NEED CARE TOO!

Self-care is important for family caregivers because it helps them stay healthy, both physically and emotionally. When caregivers take time to rest, eat well, and manage stress, they have more energy and patience to care for their loved ones. Taking care of themselves also prevents burnout and allows them to give better, more loving care in the long run.

Signs You May Need Support

- Feeling overwhelmed or stressed
- Difficulty sleeping
- Change in appetite
- Feeling isolated or alone
- Increased irritability
- Physical Health Problems
- Difficulty concentrating
- Feeling guilty or inadequate
- Loss of interest in activities
- Financial stress

Self Care Strategies

- Take breaks regularly
- Accept help from others
- Join a support group
- Maintain social connections
- Exercise regularly
- Eat nutritious meals
- Get adequate sleep
- Practice relaxation techniques
- Seek professional counseling
- Use respite care services

EMERGENCY SELF CARE PLAN

When I feel overwhelmed, I will...

	Name	Phone Number
My support person		
Backup support Person		

For more information on self-care and support, consider joining the Powerful Tools for Caregivers Program. To find out more, call 410-396-1337

IMPORTANT DOCUMENTS FOR CAREGIVERS

Legal

- Durable Power of Attorney (Financial)
- Healthcare Power of Attorney
- Living Will/Advance Directive
- HIPAA Authorization Form
- Last Will and Testament
- Trust Documents (if applicable)

Medical

- Insurance Cards (Health, Medicare, Medicaid)
- Medicare/Medicaid Documentation
- Current Medication List
- Medical History Summary
- Physician Contact Information
- DNR (Do Not Resuscitate) Orders
- POLST/MOLST Forms



Additional caregiver planning resources can be found at
<https://www.aarp.org/caregiving/basics/caregiver-tools-resources/>



“There are only four kinds of people in the world: those who have been caregivers, those who are currently caregivers, those who will be caregivers and those who will need caregivers.”

-First Lady Rosalynn Carter



Special Thanks to the Carter Center’s
Inform Women, Transform Lives Program



A city that works for



works for everyone.

CAREGIVER RESOURCE GUIDE

You are not alone as a family caregiver.



Get connected to caregiving resources available through government agencies, community-based organizations, several of which are listed below.

Maryland Access Point (MAP)

The entry point for obtaining information for older adults, adults with disabilities, and caregivers

bit.ly/MDaccessinfo

410-396-2273 (CARE)

211 Maryland

Call 2-1-1 Central connector for Maryland community resources. 1-844-627-5465

AARP

Focuses on people aged 50 and older. Maryland: states.aarp.org/maryland Resource line: 1-877-333-5885

Aging Life Care Association

Geriatric care management, is a holistic, client-centered approach to caring for older adults or others facing ongoing health challenges.

www.aginglifecare.org

Alzheimer's Association Greater Maryland Chapter

Alzheimer's Disease & Dementia Help Leads the way to end Alzheimer's and all other dementia — by accelerating global research, driving risk reduction and early detection.

www.alz.org/maryland

800-272-3900

ALZConnected

Online community that connects individuals facing the disease and provides online support.

alzconnected.org

BDS Healthy Aging Networks

Meets on Zoom every Wednesday 1 to 5 pm. Filled with inspiration, exercise, interesting speakers and resources.

Zoom:

<https://us02web.zoom.us/j/82739479263> or dial in 1 301 715 8592; Meeting ID: 827 3947 9263

Email: bdsimon2020@gmail.com

The Binti Circle Creates space for former and current Black daughter caregivers to share their pain points, trials, best caregiving practices, advice, and offer mental/emotional support. www.binticircle.org

Caregiver SOS and Caregiver Teleconnection

Free one-hour conference calls covering a wide range of interesting topics and expert advice related to caregiving. Sessions also offered in Spanish

www.wellmedcharitablefoundation.org

1-866-390-6491

Civic Works Cities for All Ages

Cities for All Ages makes homes safer for older adults living in Baltimore City.

<https://civicworks.com/programs/cities-for-all-ages/> 410-366-1831

Coffee Tea & Me Caregiver Support Group

Provides caregivers with resources, support systems, one-to-one personal counseling and networking.

<https://coffeeteaandme.info/>

443-538-1815

Eldercare Locator

Connects older adults and their caregivers with local services and provides resource referrals and contact information for state and local agencies on aging.

eldercare.acl.gov

Family Caregiver Alliance

Offers support for family and friends providing long-term, in-home care. caregiver.org

Generations United

Coordinates a number of signature projects to strengthen intergenerational connections

www.gu.org

Maryland Living Well Center of Excellence

Promotes health and prevents disease through programs, events and resources.

www.mdlivingwell.org

Meals on Wheels of Central Maryland, Inc.

Provides support and safety-net services that help sustain health, promote independence, and improve overall quality of life.

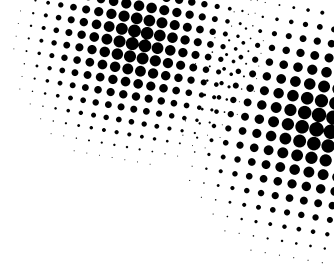
www.mealsonwheelsmd.org

443-573-0987

Medication Management

A Family Caregiver's Guide

bit.ly/managementmedicine



Mental Health Association of Maryland:

Mental Health in Later Life-A guidebook for Older Marylanders and the People who Care for Them.

mhamd.org

443-901-1550

National Association of Elder Law Attorneys

Directory of elder law attorneys.

naela.org

National Caregiving Foundation

Email:

info@caregivingfoundation.org

Caregiver support kit: 1-800-930-1357

Veteran support kit: 1-888-328-1002

www.caregivingfoundation.org

National Hospice and Palliative Care Organization

Provides information about hospice and palliative care and local hospice and palliative care organizations.

nhpco.org/find-a-care-provider

Pro Bono Counseling

Connects uninsured and under-insured low-income Marylanders with compassionate and qualified mental health professionals for free.

<https://www.probonocounseling.org/>

410-825-1001

WARMLine: 410.598.0234

Recreation and Parks Senior Division

Offers a variety of life-enriching recreational programs, trips, classes and events for Baltimore City's older adults, ages 50 and older.

<https://bcrp.baltimorecity.gov/recreation/senior>

410-396-2920

Roberta's House

Provides trauma-informed care and addresses grief as a public health service.

<https://robertashouse.org/>

410-396-2920

