

CAREGIVING RESOURCES

Maryland Access Point (MAP) –link to health and health services

<https://aging.maryland.gov/Pages/maryland-access-point.aspx>

1-844-627-5465 (will link you to your local MAP office)

Your local county or city contact is listed on this page

211 Maryland

Call 2-1-1

Central connector for Maryland's community resources

Free/confidential 24 hours /7days a week/365 days

AARP

Maryland's website <https://www.states.aarp/maryland/>

National website <https://www.aarp.org/caregiving/> resource line-1-877-333-5885

National Caregiving Foundation

<https://caregivingfoundation.org>

email-info@caregivingfoundation.org

Caregiver support kit-call: 1-800-930-1357

Veteran support kit-call: 1-888-328-1002

Maryland Living Well Center of Excellence

<https://mdlivingwell.org>

Caregiver programs (Building Better Caregivers, Powerful Tools for Caregivers, SAVVY Caregivers)

Mental Health Association of Maryland

443-901-1550

General website: www.mhamd.org

Aging section: www.mdaging.org (vibrant minds)

Can find the "Mental Health in Later Life-A guidebook for older Marylanders and the People Who Care for Them"

Alzheimer's Association

24/7 HELPLINE 1-800-272-3900

<https://www.alz.org>

Central Maryland Chapter <https://www.alz.org/maryland> 410-561-9099

National Capital Area (Southern and Suburban MD) <https://www.alz.org/nca> 703-359-4440

VA US Department of Veterans Affairs

800-698-2411

<https://www.va.gov/>