

Welcome. This webinar will be recorded.



The **“Ask the Dementia Expert” educational Lunch and Learn series** is intended for Aging Services professionals, caregivers of persons living with ADRD, and anyone with an interest in matters concerning older adults. The series will provide an opportunity to engage a dementia expert on topics related to cognitive health, dementia care, caregiving, local services and support.

Johns Hopkins Geriatric Workforce Enhancement Program (JHGWEPE) and MAC INC. Living Well Center of Excellence (LWCE) are pleased to announce our new professional development and community education monthly lunch and learn program titled “Ask the Dementia Expert” to help address this growing health crisis.

March 19, 2026

VIRTUAL STATEWIDE WORKSHOPS



FREE WORKSHOPS

Evidence-based workshops equipping you to manage health issues like diabetes, chronic pain, arthritis, and loneliness or depression. Workshops promote lifestyle changes including healthy eating, exercise, stress management, and counseling.



For family caregivers of people with dementia such as Alzheimer's, and any other conditions that affect memory.



Providing the most relevant dementia knowledge, skills, and mastery to support family members as they provide care for their relative or friend living with dementia.



Offering caregivers self-care tools to reduce stress, manage emotions, and increase confidence in coping with caregiving demands.



A community-based workshop to help people manage their ongoing health conditions such as asthma, arthritis, hypertension, and other chronic conditions.



A community-based workshop to help people manage their diabetes. This workshop is recommended for adults with Type 2 Diabetes or are pre-diabetic.



Other classes include Chronic Pain Self-Management Program, PEARLS, Stepping On, Living with Hypertension, Stepping Up Your Nutrition, Walk with Ease, Enhance Fitness Group Program, and Tai Ji Quan.

MDLivingWell.org/HUB



info@mdlivingwell.org
909 Progress Circle, #100
Salisbury, MD 21804-2316

Save the date:

April 16, 2026

12:15 PM

Maryland's GUIDE Initiative

GUIDE is a program developed for Medicare dementia clients and their caregivers to offer increased support and education to individuals with mild, moderate, or severe dementia. The goal of the program is to provide compassionate, person-centered support for the dementia client and their caregiver that promotes quality of life and reduces stress. Learn about this new national initiative, program highlights and who qualifies for services.



Ask the Expert: MAP Overview

Mark Tesoro, MA
Cognitive Behavioral Health Specialist

Mission:

To prepare for the growing population of older adults by developing innovative approaches to aging, advancing multisector collaborations, and providing equitable access to resources.

Vision:

To transform institutions, systems, and norms
so all older adults lead lives that are:



Healthy



**Financially
Secure**



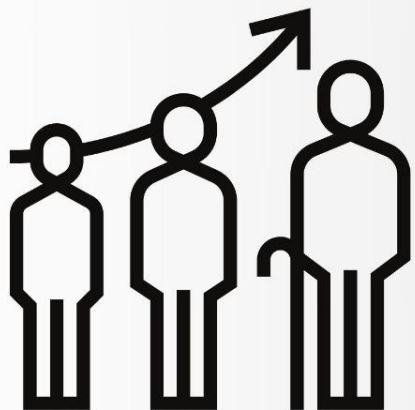
**Socially
Connected**



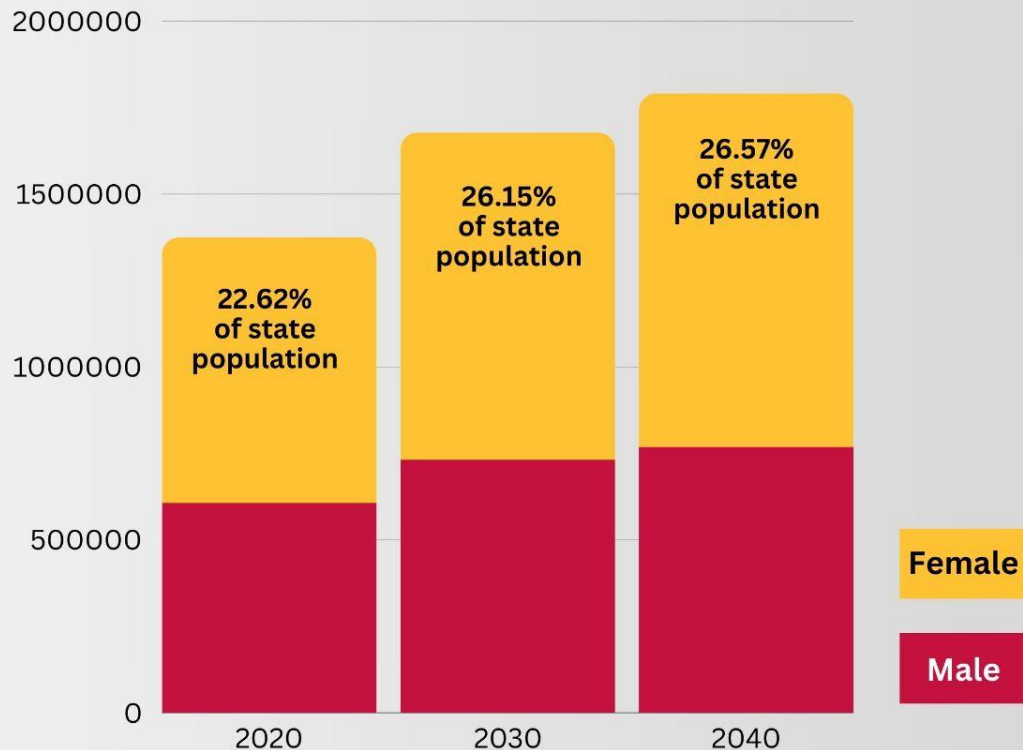
Purposeful

For the 100-Year Lifespan

We Are Living Longer!



Maryland's 60+ Population Projections



Source: U.S. Census, Maryland Department of Planning, 12/3/2020

Half of Today's 5-Year-Olds



Can Expect to Live
to 100 Years Old

Shift Your Mindset

- If you've worked with someone who has memory issues, you've likely worked with older adults.
- The greatest impact from a public health perspective will not be achieved by only focusing on older adults.
- Risk reduction must start earlier and include a younger audience.
- It's never too early or too late to start a life course approach to dementia risk reduction.

Older Americans Act of 1965

National Aging Network

```
graph TD; A[National Aging Network] -.- B[Federal Level: Administration for Community Living]; A -.- C[State Level: State Units on Aging]; A -.- D[Local Level: Area Agencies on Aging];
```

The diagram illustrates the National Aging Network structure. At the top is a yellow box labeled "National Aging Network". A vertical dotted line descends from this box to a horizontal dotted line. From this horizontal line, three vertical dotted lines lead down to three separate boxes: "Federal Level: Administration for Community Living", "State Level: State Units on Aging", and "Local Level: Area Agencies on Aging".

Federal Level:
**Administration for
Community Living**

State Level:
**State Units
on Aging**

Local Level:
**Area Agencies
on Aging**



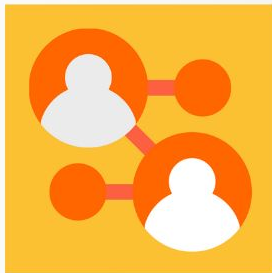
LRM.Maryland.gov



Longevity Ready Maryland

EPIC GOALS

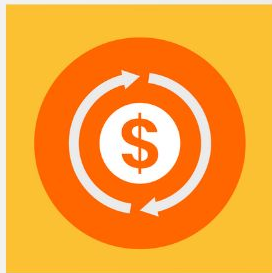
Build a longevity ecosystem



Priority Areas:

- Cross-Sector Coordination
- Justice, Equity, and Inclusion

Promote economic opportunity



Priority Areas:

- Caregiving Supports
- Employment for All

Prepare Marylanders to afford longevity



Priority Areas:

- Affordable Housing
- Financial Stability
- Services and Benefits

Optimize health, wellness, and mobility



Priority Areas:

- Access to Equitable Systems of Care



MAP Maryland Access Point

YOUR LINK TO SUPPORTS AND SERVICES



Maryland Access Point (MAP) is a statewide initiative through the Maryland Department of Aging that connects individuals to essential resources, services, and supports.

As a “one-stop shop” for older adults, individuals with disabilities, and caregivers, MAP plays a critical role in navigating long-term care options and other supports.

marylandaccesspoint.info





Intake and Assessment

Level One Screen

Used to gather information as part of the MAP Options Counseling process, the Level One Screen helps connect individuals to services and supports that holistically meet their needs.

As a result of this process MAP staff can:

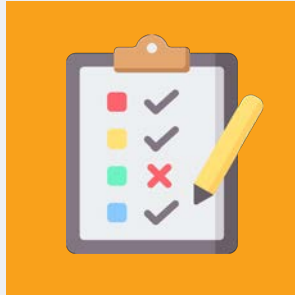
- Add individuals to the Community Options Waiver Registry
- Work with individuals to develop long-term care goals
- Make referrals to a wide variety of programs and services to support individuals' needs
- Provide application assistance and support

MAP Core Services



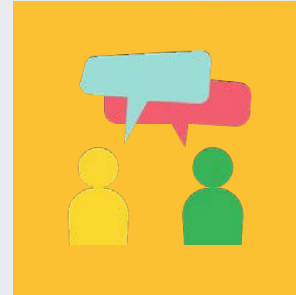
Information and Assistance

- Outreach and education
- Referrals
- Application assistance



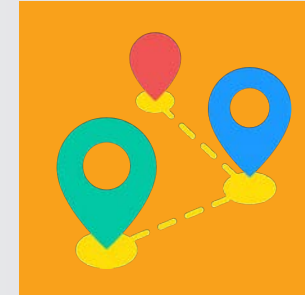
Level One Screen

- Preliminary evaluation of risk of institutionalization
- Used to evaluate and connect to Waiver programs and services



Options Counseling

- Person-centered counseling, planning, and support
- Certified staff help individuals create a plan for aging



MFP Options

- Counseling/Nursing Facility Program Education
- Education for those wishing to transition out of nursing facilities

What MAP Does and Doesn't Do

MAP is:

- For getting information
- For planning long-term care services
- For getting connected to available resources
- For educating about personal and community resource priorities

MAP is not:

- For crisis intervention
- For expedited eligibility and enrollment determinations
- For case management administration (although MAP can assist with finding it)

Health Promotion and Disease Prevention

- Programs include:
 - **Health Education:** Chronic Disease Self-Management Program; Diabetes Self-Management Program; Chronic Pain Self-Management Program
 - **Falls Prevention:** Stepping On; Tai Ji Quan: Moving For Better Balance; Staying Active and Independent for Life (SAIL)
 - **Physical Fitness and Exercise:** EnhanceFitness, Geri-Fit, Arthritis Foundation Exercise Program, Bingocize
- Programs serve over 4,000 older adults across Maryland's 119 senior centers and auxiliary sites, including residential apartment buildings
- MDOA serves alongside the Living Well Center of Excellence as co-leaders of the **Maryland Falls Free Coalition** - part of the National Council on Aging's national Falls Prevention Coalition

Senior Call Check and Social Connections

- In 2019, Senior Call Check launched, offering **free, automated, daily wellness check-in phone calls** for adults over age 65:
 - Currently serves about 1,500 participants
 - If participant doesn't pick up after three attempts, alternate contact is called per participant's wishes
- In 2025, MDOA expanded the program to further **address social isolation and connection**:
 - Lowered the age of eligibility from 65 to 60
 - Launched live call programming; currently serves 250 - 300 participants weekly
 - Created flexibility by providing multiple methods of contact, including texting
- In the future, MDOA will be expanding services through **new partnerships**

Brain and Mental Health

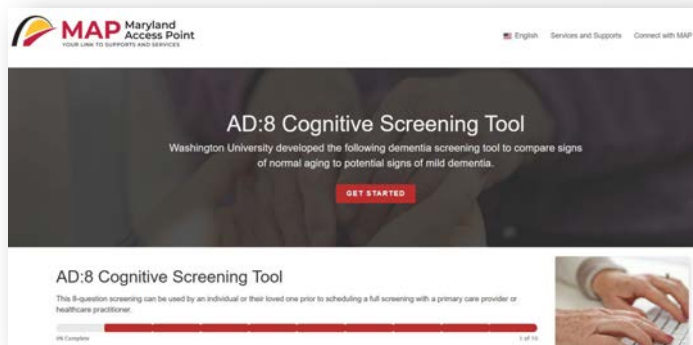


Resources to help screen for potential cognitive and mental health conditions, and find services and supports for care.

- **Brain Health:** Resources related to brain, mental, and cognitive health, including education, support, services, and funding opportunities.
- **Mental Health and Substance Abuse Distress:** Immediate support for people experiencing a mental health or substance abuse crisis.
- **Mental Health Resources:** Resources for older Marylanders to help protect and improve mental health.
- **Johns Hopkins Memory Care Family Checklist** - A tool to designed to help caregivers determine their needs and begin building a care plan.
- **AD:8 Cognitive Screening:** A tool that compares signs of normal aging to potential signs of mild cognitive impairment.

marylandaccesspoint.info/brainhealth

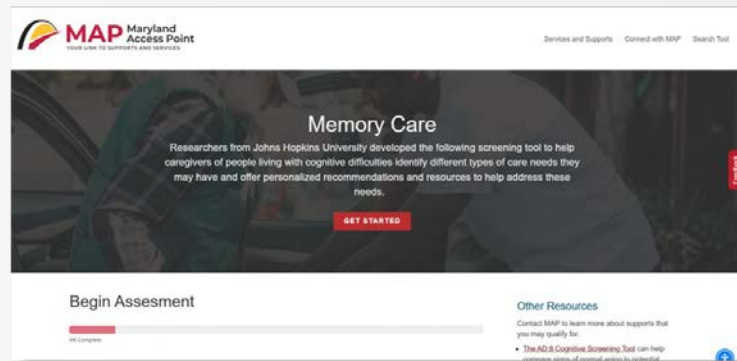
Suite of Brain Health Tools



AD:8 (Assess Dementia 8)

- Compares normal aging to potential signs of mild cognitive impairment
- Developed by Washington University
- Pre-diagnosis

marylandaccesspoint.info/ad8



Memory Care Family Checklist

- Provides support for caregivers and the person living with memory loss
- Developed by Johns Hopkins University
- Post-diagnosis

marylandaccesspoint.info/memorycare

Maryland “ECHO” Dementia

Extension for **C**ommunity **H**ealth Care **O**utcomes



People need access to specialty care for their complex health conditions.



There aren't enough specialists to treat everyone who needs care, especially in rural and underserved communities.



ECHO trains primary care clinicians to provide specialty care services. This means more people can get the care they need.



Patients get the right care, in the right place, at the right time. This improves outcomes and reduces costs.

Dementia Support Programs

- 1:1 Consultation
- Support Groups - Memory Cafes
- Social Day Programs
- Dementia Live™
- Building Better Caregivers™
- Savvy Caregivers™
- Powerful Tools for Caregivers™
- TrueAlta™
- Lego™ Serious Play™
- Family Caregiver Support Program
- Virtual Reality Goggles
- Community Gardens
- MIND Diet™

Caregiving



Resources to help access and administer caregiving services

- **Caregiver Support:** Support to help family and informal caregivers care for their loved ones at home.
- **Senior Care:** Case management and support services for people age 65 years or older who are at risk of nursing home placement.
- **Long-Term Caregiving:** Community services that offer support with activities of daily living, nursing assistance, and specialized medical care to help program participants remain at home.
- **Respite Care:** Short-term care of individuals with developmental or functional disabilities.
- **Medical and Adult Day Care:** Structured group programs that provide health, social, and related support services to disabled adults.

marylandaccesspoint.info/caregiving

Food Access



Programs that can connect eligible residents to healthy groceries and prepared meals.

- **Nutrition Services:** Nutrition programs for older adults, including:
 - **Home Delivered Meals:** Older adults with mobility difficulties may qualify for nutritious meals to be delivered to their homes.
 - **Congregate Dining:** Meal sites offer an opportunity to meet new friends and engage in other social or health-related programs.
 - **Senior Farmers' Market Nutrition Program:** Coupons that can be exchanged for applicable food at participating farmers' markets.
- **Supplemental Nutrition Assistance Program (SNAP):** Funds administered by the Maryland Department of Human Services for low-income households to buy the food they need to stay healthy.

marylandaccesspoint.info/food

Equipment and Technology



Programs that offer free medical equipment and assistive technology to help reduce barriers to independent living, communicating with others, and mobility.

- **Durable Medical Equipment:** Free durable medical equipment is available to Marylanders with any illness, injury, or disability.
- **Maryland Relay:** Supports for Marylanders who have difficulty using a standard telephone.
- **Assistive Devices and Technology:** Adapted equipment, devices, and other supports to help with communicating or activities of daily living.
- **Communications Equipment:** Free telecommunications equipment to eligible Maryland residents who need help making or receiving phone calls.
- **Portable Ramp Loans:** Portable ramps for people who need short-term solutions for getting in and out of their homes.

marylandaccesspoint.info.org/equipment

Maryland Access Point (MAP)

Local Offices

**MDOA has 24 local
MAP offices in
partnership with:**

Area Agencies on Aging
Centers for Independent Living
Local Health Departments



Allegany County
301-783-1752

Anne Arundel County
410-222-4257

Baltimore City
410-396-2273

Baltimore County
410-887-2594

Calvert County
410-535-4606

Caroline County
410-479-2535

Carroll County
410-386-3800

Cecil County
410-996-5295 option 1

Charles County
301-934-0103

Dorchester County
410-221-1930

Frederick County
301-600-1234

Garrett County
301-334-9431

Harford County
410-638-3025

Howard County
410-313-1234

Kent County
410-778-2564

Montgomery County
240-777-3000

Prince George's County
301-265-8450

Queen Anne's County
410-758-0848

Somerset County
410-651-3400

St. Mary's County
301-475-4200 ext. 1057

Talbot County
410-822-2869

Washington County
301-790-0275

Wicomico County
410-742-0505

Worcester County
410-632-9915

Thank You!



LRM.Maryland.gov
Aging.Maryland.gov

Mark Tesoro

mark.tesoro@maryland.gov

Follow us on Social Media

- facebook.com/MarylandAging
- linkedin.com/company/maryland-department-of-aging
- twitter.com/MarylandAging
- instagram.com/marylandaging



LRM
Longevity Ready
Maryland