

**AERS**

*Keep them home, keep them safe.*

**Directory  
of  
Services  
for  
Adults  
in  
Carroll  
County**

Revised May 2012

**Adult Evaluation & Review Services (AERS)  
Carroll County Health Department  
290 S. Center Street  
Westminster, MD 21157  
410.876.4949**

[www.carrollhealthdepartment.dhmh.md.gov](http://www.carrollhealthdepartment.dhmh.md.gov)



**Carroll County Health Department  
290 South Center Street  
Westminster, MD 21157**

**Main Telephone Lines:**

**410-857-5000      410-876-2152      410-875-3390**

This Directory has been prepared by the Carroll County Health Department Adult Evaluation and Review Services (AERS) Program as a helpful resource to the citizens of Carroll County. AERS has not endorsed the services listed in this Directory nor does this Directory represent an inclusive list of services available in Carroll County. Please check your local phone directory for additional resources.

Please note:      The Directory has been cross-referenced for your convenience, some agencies, contacts, and resources have been listed more than once.

***This Directory may not be reproduced without written consent from:  
Carroll County Health Department AERS Program***

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**Quick Reference Guide**  
**Carroll County Health Department**

Carroll County Health Dept. Toll Free Number ..... 1-800-966-3877

Addictions ..... 410-876-4800

- DWI Assessments ..... 410-876-4410

Environmental Health..... 410-857-5009  
410-876-1884

- Food Service Inspections ..... 410-876-1884
- Land Development ..... 410-876-4868
- Noise Control ..... 410-876-4864
- Rabies Information ..... 410-876-4864
- Rabies Resource Line (Recorded Message)..... 410-857-5012
- Radon (Information Only) ..... 410-876-4874
- Water Quality ..... 410-876-4866
- Well Permits/Inspections ..... 410-876-4866

Nursing Bureau ..... 410-876-4900

- Adult Evaluation & Review Services (AERS) ..... 410-876-4949
- AIDS..... 410-876-4771
- Audiology ..... 410-876-4449
- Breast & Cervical Cancer Screening Program ..... 410-876-4422
- Child Health..... 410-876-4942
- Chronic Disease Prevention Program ..... 410-876-4958
- Colorectal Cancer Screening Program..... 410-876-4443
- Communicable Disease ..... 410-876-4936
- Community Outreach Services-Mental Health ..... 410-876-4400
- Dental Access Program..... 410-876-4928
- Family Planning..... 410-876-4930
- Health Education ..... 410-876-4965
- Health Fairs..... 410-876-4965
- Immunizations ..... 410-876-4900
- Infants & Toddler’s Program..... 410-876-4437
- Injury Prevention Program..... 410-876-4448
- Kids in Safety Seats (KISS)..... 410-876-4448
- Maryland Children’s Health Program (MCHP)..... 410-876-4905
- Medical Assistance Personal Care Program ..... 410-876-4949
- Nursing Services ..... 410-876-4900
- Nutrition Services ..... 410-876-4981
- Tobacco Prevention & Control ..... 410-876-4429
- WIC Program ..... 410-876-4898
- Worksite Wellness Programs ..... 410-876-4958

**Quick Reference Guide**  
**Carroll County Health Department** - continued

Partnership for a Healthier Carroll County .....	410-876-4965
Safe Haven Homeless Shelter.....	410-857-9390
Shoemaker Addictions Rehabilitation Center.....	410-876-1990
Vital Records.....	410-876-4991 410-876-2152 410-857-5000

## **Quick Reference Guide to the Bureau on Aging**

**Carroll County Bureau on Aging  
125 Stoner Avenue  
Westminster, MD 21157  
410-386-3800**

Assisted Living Program

Carroll County Alzheimer's Support Group

Cell Phones for 911 Only

Legal Assistance

Long Term Care Ombudsman

MAP – Maryland Access Point

Medicaid Home and Community Based Waiver Services

National Family Care Givers Support Program

Nutritional Programs

Public Guardianship Program

Senior Activities Centers [See Recreation Section for Listings]

Senior Care Program

Senior Health Insurance Program

Senior Inclusion Program

Senior Information and Assistance

Seniors Keep in Touch [SKIT]

SMP-Senior Medicare Patrol

## Adult Day Programs

Active Day (Randallstown) .....	410-922-8600
Best Care (Manchester-next to Scheetz) .....	410-596-5863
Eldersburg ElderCare .....	410-795-4686
West End Place and Senior Center Plus .....	410-840-0406
	410-848-2433

## Aide Services, Personal Care, & Housekeeping

AAA Warman .....	301-428-2940
	888-243-6602
Almost Home (Unique Services, Inc.) .....	410-756-1727
Always There Home Care .....	1-888-486-8618
Amedisys Home Health .....	410-751-9904
	FAX: .....
	410-751-9914
Carroll County Dept of Social Services .....	410-386-3300
Carroll County Home Care & Hospice .....	410-871-8000
	888-224-2580
	410-876-8044
	FAX: .....
	410-871-7242
Elder's Choice (live in only-not shift care) .....	443-762-4676
Elizabeth Cooney Agency .....	410-323-1700
Family & Children's of Central MD (WEP).....	410-840-0406
First Choice .....	410-740-8166
Help at Home .....	443-275-1524
Helpers to the Homebound (South Carroll area only) .....	443-920-9113
(associated with Caring Carroll) .....	410-775-5596
Home Call .....	410-848-5379
Home Helpers .....	443-275-1524
Home Instead - Carroll County.....	443-918-3100
Frederick County .....	301-846-9922
Ivory House Health Services (Timonium).....	410-823-3153
Lutheran Home Care Services & Hospice .....	800-338-4295
Westminster .....	410-751-2429
Maxim Healthcare Service (Frederick) .....	301-631-2255
	866-466-2982
Medical Asst. Personal Care Program .....	410-876-4949
Options for Senior America (home health) .....	800-267-8466
Right At Home .....	410-871-9804
Visiting Angels .....	410-549-8002
	800-365-4189
2 <sup>ND</sup> Family .....	443-244-4240



## **Alzheimer's and Memory Impairment Services**

Alzheimer's Help Line (Alzheimer's Assoc.) 24/7 helpline .....	800-272-3900
Alzheimer's Support Group (local) .....	410-876-4949
Assessment Clinic at Copper Ridge.....	410-795-8808
Comprehensive Geriatric Services Memory Clinic Towson.....	410-832-2729
Safe Return Medic Alert.....	800-272-3900

## **Crisis Intervention and Counseling Services**

Carroll County State's Attorney's Office .....	410-386-2345
Catastrophic Health Care Planners (chpl@comcast.net).....	410-871-0751
Hopeline Network (suicidal emergency Intervention) .....	800-784-2433
MD Crisis Hotline .....	410-531-6677
.....	1-800-422-0009
MD State Medical Society .....	410-539-0872
MD Network Against Domestic Violence.....	301-352-4574
Rape Crisis Hotline (24 hours).....	410-857-7322
.....	410-857-0900

## **Dental Services**

Dental Access—CC Health Department .....	410-876-4928
Dental Discount (Citizen Services).....	410-386-3600
Donated Dental Program (MD Foundation of Dentistry for the Handicapped .....	410-964-1944
Freedom Center.....	301-846-7811
Johns Hopkins Dental Clinic .....	410-955-6662
Just Dentures.....	410-296-4665
Kernan's Hospital Dental Clinic.....	410-448-6290
Mission of Mercy/Human Services.....	410-857-2999
Same Day Denture Service.....	410-602-2070
University of MD Dental School .....	410-706-7101

## **Developmental Disabilities**

ARC of Carroll County .....	410-848-4124
.....	410-876-0009
CHANGE & CHANGE Voc Services (Moton).....	410-876-2179
Flying Colors of Success.....	410-876-0838
MD TAP (equipment for disabled & handicapped) .....	800-832-4827
Service Coordination for Carroll Co. (through DDA) .....	410-876-0028
United Cerebral Palsy .....	800-872-5827

## Dialysis

Carroll County Dialysis Facility..... 410-876-7060

## Driver Safety Programs

MD AARP Driver Safety Program (aarpdriversafety.org) ..... 888-350-7025

AARP Drivers Safety Course-Senior Centers

•Mt. Airy ..... 410-795-1017

301-829-2407

•North Carroll ..... 410-386-3900

•South Carroll ..... 410-386-3700

•Westminster ..... 410-386-3850

MVA Medical Advisory Board..... 410-768-7689

## Education Opportunities

Carroll Community College Education for Adults ..... 410-386-2550

Carroll Community College ..... 410-386-8340

Carroll County Public Library

Eldersburg..... 410-386-4460

Finksburg ..... 410-386-4505

Mt. Airy..... 410-386-4470

North Carroll ..... 410-386-4480

Taneytown ..... 410-386-4510

Westminster ..... 410-386-4490

Elderhostel..... 740-725-6341

McDaniel College..... 410-848-7000

## Emergency

Ambulance, Emergency, Fire, Police, Sheriff..... 911

American Red Cross..... 800-733-2767

City Police

Hampstead..... 410-239-8954

Manchester ..... 410-239-6900

Sykesville ..... 410-795-0757

Taneytown ..... 410-751-1150

Westminster ..... 410-848-4646

MD Poison Control (Univ. of Maryland)..... 800-222-1222

MD State Police (Westminster barracks) ..... 410-386-3000

Sheriff's Department ..... 410-386-2900

## **Emergency Call - Personal Devices**

24/7 Medical Alert .....	410-828-5564
Life Alarm.....	800-780-5433
Life Fone.....	800-882-2280
Life Line .....	800-579-3341
Life Response of MD .....	410-833-1067
Medical Alert .....	800-448-5697
Response Link .....	800-894-1428

## **Employment & Volunteer Resources**

Business Employment Resource Center .....	410-386-2820
Division of Rehab Services-Vocational .....	410-848-4456
(for persons with disabilities)	
MD Technology Assistance Program.....	800-832-4827
Senior Employment Program	
MD Dept of Aging.....	800-243-3425

## **Equipment, Medical (rental & loan)**

A&A Medical Supply-durable equipment, Medicaid & MA OAW Provider .....	410-526-9323
Anchor Pharmacy/Mobility Rehab .....	410-848-8900
Arthritis Foundation Equipment-Subsidy Grant, Primary Diagnosis Arthritis.....	800-365-3811
Carroll Drugs-Cranberry Road .....	410-857-4500
Family Pharmacy-wheelchair rental .....	410-239-3100
Home Care Delivered, Inc (free Diabetic glucometer program).....	800-565-5644
Little Scooter Shoppe.....	410-242-0057
Loan Closets (Lions Club)	
Freedom.....	410-549-5466
Mt. Airy.....	301-829-5466
McDougall's Pharmacy-wheelchair rental .....	410-795-2662
MD TAP - Equipment for Disabled and Handicapped/MD Equipment Link..	800-832-4827
Medi - Rents and Sales.....	800-540-7252
Millennium Respiration Services-oxygen .....	410-840-2247
Mobility Rehab-all types of durable medical equipment, portable ramps .....	410-833-8755
Oxy-Care - oxygen .....	410-871-0887
Union Bridge Pharmacy - wheelchair rental.....	410-775-7272

## **Financial Resources**

American Red Cross.....	800-787-0091
Carroll County Bureau on Aging .....	410-386-3800
Carroll County Bureau of Housing and Community Development .....	410-386-3600
Carroll County Dept of Social Services - new address effective 6/2010 1232 Tech Court Westminster, MD 21158.....	410-386-3300
Catastrophic Health Care Planners.....	410-871-0751
City of Westminster-Office of Housing & Community Development.....	410-848-2261
ESCAPE Ministries .....	410-549-7230
Get Connected (Age 0-25).....	410-871-0008
Human Services Program (Carroll County).....	410-857-2999
Internal Revenue Services.....	800-829-1040
MD Cooperative Extension Service .....	410-386-2760
Mt. Airy NET.....	301-829-0472
NESAP [Northeast Social Action Program].....	410-239-6216
NESAP Thrift Store .....	410-374-9099
Salvation Army [Carroll County].....	410-876-9358
Shepherd's Staff (rent, gas vouchers, meds).....	410-857-5944
Social Security [Local Offices].....	1-800-772-1213
St. Vincent De Paul Society-St. John's .....	410-848-8693

## **Fitness Opportunities**

Senior Centers.....	see page 18
Therafit Gym .....	410-848-2494
YMCA .....	410-848-3660
Westminster City Recreation (Longwell Bldg).....	410-857-9072

## **Food Resources**

Area Senior Centers	
Mt. Airy.....	410-795-1017 301-829-2407
North Carroll .....	410-386-3900
South Carroll .....	410-386-3700
Taneytown .....	410-386-2700
Westminster.....	410-386-3850
Food Sunday.....	410-857-7926
Meals on Wheels .....	410-857-4447
Mom's Meals (private pay).....	1-866-971-6667
(all others) .....	1-866-204-6111
NESAP food pantry.....	410-239-6216
Saint John's Church.....	410-848-4744
SHARE - Human Services [Discount Rate Food Package].....	410-857-2999

### Food Pantries

Westminster Food Sunday Tues-Thurs 10:00-11:15; 1:00-2:15 Saturday-9:00 a.m.-noon Taneytown-9:30 a.m.-11:20 a.m.-	10 Distillery Drive Westminster
Eldersburg Food Sunday Wednesday only-11:00 a.m.-2:15 p.m.	St. Joseph's Catholic Church Freedom Ave. & Liberty Road Eldersburg
NESAP Tues, Wed & Sat. 9:00 a.m.-3:00 p.m. Thurs. 9 a.m.-8 p.m.; Friday 10 a.m.-2 p.m.	1046 S. Carroll Street Hampstead 21074
Salvation Army Mon-Fri. 9 a.m.-4 p.m. (closed 12 noon-1 p.m.)	300 Hahn Road Westminster
Escape Ministries	Messiah Lutheran Church 5600 Old Washington Road Sykesville
Mt. Airy Net	Calvary United Methodist Church Main Street Mt. Airy
Westminster Rescue Mission Mon-Sat. 8 a.m.-4 p.m.	Lucabaugh Mill Road Westminster
Share: about \$30 of groceries for \$14 plus 2 hrs of community service, registration is held the 1 <sup>st</sup> Thursday, 1:30-2:30 p.m.	St. John's Catholic Church Monroe Avenue, Westminster

### Soup Kitchens

Monday	Loaves and Fishes United Methodist Church 165 E. Main Street, Westminster
Tuesday	Table of Grace Grace Lutheran Church 21 Carroll Street, Westminster 12 noon-1 p.m.
Wednesday	Loaves and Fishes Ascension Church N. Court Street, Westminster 12 noon-12:45 p.m.
Thursday	Carpenter's Table (Taneytown) St. Joseph Roman Catholic Church 44 Frederick St. Taneytown, MD 21787 Thursdays-11:30 a.m.-12:30 p.m.

Thursday (Cont'd)	Loaves & Fishes St. Paul's United Church of Christ Bond & Green Streets, Westminster 12 noon-1 p.m.
Friday	The Shepherd's Staff United Methodist Church 165. E. Main Street, Westminster 12 noon-1 p.m.  St. Johns United Methodist Church 1205 N. Main Street Hampstead, MD 12 noon-1 p.m.
Saturday	Westminster Church of the Brethren Bond Street & Park Place Westminster, MD 12 noon-1 p.m.

### Health Care Information

Access Carroll.....	410-871-1478
Alzheimer's Association .....	800-443-2273
American Cancer Society.....	888-535-4555
American Diabetes Association of MD .....	410-265-0075
American Red Cross .....	800-787-0091
Local.....	410-848-4334
Arthritis Foundation .....	800-365-3811
Carroll Regional Cancer Center .....	410-871-6400
Carroll County Health Department .....	410-857-5000
Breast & Cervical Cancer Program .....	410-876-2152
Colorectal Cancer Screening .....	410-876-4423
Hypertension Screening (Blood Pressure):.....	Walk-In basis
	M-F, 8:00 - 11:30 a.m. & 1:00 - 4:30 p.m.
Carroll Hospital Center.....	410-848-3000
	410-876-3000
Health Access [Physician Directory] at CHC.....	410-848-2244
Hopkins Neuropsychiatry and Memory Group at Copper Ridge .....	410-552-3211
	410-955-5212
Immediate Care (walk-in treatment Center - Mt. Airy).....	301-829-5888
Leukemia/Lymphoma Society-infocenter@lls.org .....	800-955-4572
Maryland Tobacco Quit Line (Smokeout).....	1-800-784-8669
Mission of Mercy/ Human Services .....	410-857-2999
Urgent Care (walk-in treatment center – Westminster .....	410-751-7480

### Hearing - see "Vision & Hearing"

## **Hispanic/Ethnic Programs**

Carroll Community College Language Skills .....	410-386-8100
ESOL/GED -Adult Education .....	410-386-2551
United Hands of Carroll County (Elana Hartley).....	410-751-9001

## **Home Health Services**

Amedisys Home Health Care .....	410-751-9904
Carroll Home Care & Hospice.....	410-871-8000
Home Call-www.homecallinc.com.....	410-848-5379
Lutheran Home Care Services-www.lutheranhomecare.org .....	410-751-2429
PT Connection .....	410-751-6858
Rehab on Wheels .....	301-252-5380
2 <sup>nd</sup> Family-2ndfam.com .....	443-244-4240
Visiting Nurses Association.....	410-594-2644
	888-523-5000

## **Home Repair**

Access Remodeling-independent living strategist (Potomac, MD).....	301-983-0131
Carroll County Bureau of Housing & Community Development [low interest home repair loans] .....	410-386-3600
Carroll County Christian Work Camp .....	410-795-3880
	410-781-6464
DORS [Department of Rehab Services].....	410-848-4456
	1-866-819-2034
Hammer Ministry (South Carroll only) .....	443-920-9113

## **Housing Options & Information**

Bureau of Aging – assisted living information .....	410-386-3800
Carroll County Bur. of Housing & Community Development.....	410-386-3600
City of Westminster Bureau of Housing and Community Development .....	410-848-2261
Freedom Center [Transition Program] from Nursing Home to Community...	301-846-7811
Home Builders Association .....	410-265-7400
Locust House .....	410-876-7600
Residential Specialist for Mental Health Consumers – Core Service Agency .....	410-876-4440
Ridgely House.....	410-239-2236
Spencer Village.....	410-795-1840
Sunnybrook Senior Apartments .....	877-375-0140
The Residence (Hampstead School) .....	410-374-8144
Timber Ridge & Ridge Residences .....	410-876-2550
Tremont Place.....	410-876-5622
Village House.....	410-970-6270
West End Place Apartments .....	410-848-2433
Westminster Ridge-jmcfarland@bvsl.net .....	410-871-2225
Westminster Rescue Mission [Men Only].....	410-848-2222

## **Income Tax Assistance & Forms**

AARP .....	888-687-2277
Carroll County Public Libraries-call local Branch [See p. 7, 'Education Opportunities' for phone numbers]	
Human Services Program .....	410-857-2999
McDaniel College .....	410-848-7000
Senior Centers (see page 18 for phone numbers)	

## **Insurance – Health & Insurance Programs**

Catastrophic Health Care Planners.....	410-861-8969	
.....	410-871-0751	
Health Insurance Counseling Program - CCBOA .....	410-386-3800	
Living at Home: MD Community Choices Waiver Program.....	410-767-7479	
MA Waiver for Older Adults (Registry) .....	866-417-3480	
Medicaid Waiver for Older Adults-BOA.....	410-386-3800	
Medical Assistance Card .....	410-386-3300	
Medicare .....	800-633-4227	
PAC Program.....	800-226-2142	
	Spanish line .....	800-226-2192
Social Security .....	800-772-1213	

## **Legal Services**

District Court .....	410-871-3500
Family Law Hotline.....	800-845-8550
Lawyer Referral Services (Baltimore City/County) .....	410-539-3112
Legal Aid Bureau .....	800-679-8813
Legal Services [Bureau of Aging].....	410-386-3800
MD Senior Legal Hotline .....	800-896-4213
MD Volunteer Lawyer Service.....	800-510-0050
	410-547-6537
Mediation Services - call Carroll Community College .....	410-848-1764
CC Public Defender .....	410-871-3636
Sixty Plus Legal Program.....	410-951-7760
.....	800-999-8904, Ext. 7760
State's Attorney's Office.....	410-386-2671
The Law and Mediation Center – Robin Weisse .....	410-875-2588
Fax .....	410-875-2851

## **Mental Health & Counseling Services** **(see page 20-22 for quick reference)**

ADAPT (Eldersburg Mental Health-Dr. DelaCruz) .....	410-549-6282
Addictions:	
Junction, Inc.....	410-848-6100
Mountain Manor .....	410-876-2425
Carroll County Health Dept .....	410-876-4800
Alcoholics Anonymous.....	410-663-1922



Carroll Hospital Center Partial Hospitalization Program.....	410-871-6964
Carroll County CORE Services Agency .....	410-876-4440
Get Connected.....	410-871-0008
Granite House.....	410-751-5970
Keystone [Intensive Care Management] .....	410-875-4694
Fax.....	410-875-4699
MD Health Partners .....	800-888-1965
National Alliance for the Mentally Ill .....	800-950-6264
On Our Own Support Center.....	410-751-6600
Overeaters Anonymous .....	301-748-9362
Pastoral Counseling Services of MD-info@pcsm.org .....	410-433-8861
.....	800-427-4027
Pro Bono Counseling .....	410-825-1001
.....	877-323-5800
Progressive Counseling .....	410-848-7848
Prologue [Residential Rehab Services].....	410-549-3508
Rape Crisis Counseling – 24 hours/day .....	410-653-6190
Office.....	410-857-0900
Re-Entry Mental Health Services .....	410-876-6149
.....	410-848-9244
Youth Services Bureau Mobile Treatment .....	410-876-2500, Ext. 48

### **Miscellaneous Assistance & Information**

Bureau of Aging-Information & Assistance .....	410-386-3800
Caring Carroll (Faith in Action; Neighbors Helping Neighbors (Contact Maggie Kunz.....	410-775-5596
Carroll County Emergency Operations Center-ccgovernment.carr .....	410-386-2260
.....	888-543-8362
Carroll County Public Library (Westminster) .....	410-386-4490
DO NOT CALL List (Telemarketers) .....	888-382-1222
MD Cooperative Extension Service .....	410-386-2760
Poison Control .....	800-222-1222
Seniors Keep in Touch [SKIT] Safety Calls.....	410-386-3800
Telephone Directory Assistance .....	411
Time .....	410-844-1212
TriState Moving Solutions (helps downsizing).....	1-717-359-9099
United Way .....	800-492-0618
United Way of Carroll County (Community Partnership).....	410-840-2837
Voter Registration [Board of Elections] .....	410-386-2080
Weather .....	410-936-1212

### **Newspapers**

Baltimore Sun .....	800-829-8000
.....	410-332-6000
Carroll County Times .....	410-848-4400

## Nursing Homes

Brinton Woods-Winfield .....	410-795-2737
Carroll Lutheran Village-Westminster .....	410-876-8113
Copper Ridge-Sykesville.....	410-795-8808
Fairhaven-Sykesville .....	410-795-8800
Golden Living Center .....	410-848-0700
Long View-Manchester .....	410-239-7139
Lorien of Mt. Airy .....	301-829-6050
Lorien of Taneytown .....	410-756-5884
Pleasant View-Mt. Airy .....	301-829-0800
Transitions Health Care of Sykesville .....	410-795-1100

## Nutrition\*

Carroll County Health Department-Nutritionist .....	410-876-4981
Carroll Hospital Center.....	410-848-3000
Also see: "Food Resources"	

## Ombudsman

Bureau of Aging-represents/advocates for nursing home/assisted living residents	
Point of contact: Dan Bolton .....	410-386-3817

## Pharmacies & Medication Assistance

Carroll Drugs-Cranberry Road .....	410-857-4500
	410-876-0082
Department of Veteran's Affairs-Benefits.....	877-222-8387
MD AIDS Drug Assistance Program .....	800-205-6308
MD Pharmacy Assistance Program (MPAP)	
Medicare Part D and under 65 .....	800-226-2142
Medbank (under 65 – Towson) .....	877-435-7755, x116
Medicine Shoppe .....	410-848-7426
NACP Nat. Prescription Discount Card Contact local pharmacy.....	877-321-2652
Needy Meds.....	978-865-4115
NESAP {Northeast Social Action Program).....	410-239-6216
Salvation Army.....	410-876-9358
Shepherd's Staff .....	410-857-5944
St. Vincent De Paul Society .....	410-848-8693

## Recreation

Carroll County Parks & Recreation .....	410-386-2103
Carroll County Senior Centers	
Mt. Airy.....	410-795-1017
	301-829-2407
North Carroll.....	410-386-3900

## **Recreation (Cont'd)**

South Carroll .....	410-386-3700
Taneytown .....	410-386-2700
Westminster .....	410-386-3850
YMCA .....	410-848-3660

\*Also contact local churches for senior clubs

## **Respite Care\***

Alzheimer's Association (Timonium) .....	800-272-3900
Care Giver's Support Program.....	410-386-3800
Family & Children's Services .....	410-876-1233
	410-840-0406
Senior Care Program-Bureau on Aging .....	410-386-3800
Sitter Service-Bureau on Aging.....	410-386-3800

\*check listings under "Aide Services"

## **Support Groups\***

Alcoholics Anonymous .....	410-663-1922
	800-296-9289
ALS Association [Lou Gehrig's]-MD Chapter .....	866-348-3257
Alzheimer's Family Support Group-(CCHD).....	410-876-4949
American Cancer Society .....	888-535-4555
American Diabetes Association .....	410-265-0075
Arthritis Foundation, MD Chapter.....	800-365-3811
Breast Cancer Support Group for Couples .....	410-848-2244
Caregiver's Support Group (Carroll Hospital Center .....	410-871-7000
Carroll Hospice .....	410-871-8000
Hospice Support Groups (bereavement) .....	410-871-7231

\*for additional support groups-Alzheimer's

Association of Baltimore & Central MD .....	800-443-2273
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## **Transportation**

Ambulance-Emergency Only .....	911
American Cancer Society (patient resource center within Carroll Co.....	888-227-6333
Blue Blazes .....	410-871-2583
Butler Transportation .....	410-602-4007
	888-602-4007
Carroll Transit System .....	410-876-7433
Central Maryland Ambulance.....	410-840-0360
Medicaid Non-Emergency Medical Transportation .....	410-876-4762
	410-876-4813
Rills Bus Line .....	410-876-7530
Rohrbaugh's Bus Line.....	410-374-9200
Transcare-Medical Transportation .....	800-498-0116

## **Veteran's Information**

Information for MD <a href="http://www.VA.gov">www.VA.gov</a> .....	800-827-1000
Medical Centers:	
Baltimore .....	410-605-7000
Perry Point .....	410-642-2411
Veteran's Affairs-Benefits Package.....	877-222-8387
Veteran's Benefits Outreach Program (Jennifer Carnegie).....	410-356-9230
Veteran's Hospitals:	
Charlotte Hall (veteran's home) .....	800-522-8387
Fort Howard .....	410-477-1800
Martinsburg [West Virginia] .....	304-263-0811
	800-817-3807

## **Vision & Hearing**

American Hearing Aid Centers (reconditioned hearing aids) .....	410-751-9900
Audiology Unit-Carroll County Health Dept.....	410-876-4449
Blind Industries .....	410-737-2600
Hoover Services for Low Vision/Blindness (DORS).....	800-801-4297
Interpreters for the Deaf .....	410-857-2518
Leader Dogs for the Blind (website: <a href="http://www.leaddog.org">www.leaddog.org</a> ) .....	888-777-5332
Library Services for the Blind and Physically Handicapped .....	800-964-9209
MD Accessible Telecommunications Program.....	800-552-7724
MD Division of Vocational Rehab.....	410-848-4456
MD Society for Sight .....	410-243-2020
National Federation of the Blind.....	410-659-9314

## **Vital Records**

Birth & Death Certificates - Carroll County Health Department	
Forms & Information .....	410-876-2152
Dept. of Health and Mental Hygiene – MD Division of Vital Records .....	877-463-3464

## **Volunteer Opportunities**

American Cancer Society.....	888-535-4555
Carroll County Bureau on Aging .....	410-386-3800
Carroll Hospice .....	410-871-8000
Carroll Hospital Center.....	410-848-3000
Food Sunday.....	410-857-7926
Meals on Wheels .....	410-857-4447
Human Services Program-SHARE .....	410-857-2999

## Quick Reference for Carroll County Mental Health Services

AGENCY	CRITERIA	GENERAL INFORMATION	FEE
<p>American Assoc. for Geriatric Psychiatry and the Geriatric Mental Health Foundation</p> <p>Geriatric Psychiatrist Locator 301-654-7850 Ext. 100</p> <p>Also, Maryland Psychiatric Society 410-652-0232 <a href="http://www.mdpsych.org">www.mdpsych.org</a></p>	<p>No special criteria.</p> <p>Serves all ages.</p>	<p>Contact the “301” phone number and you are referred to several geriatric psychiatrists in your area.</p> <p>Provides information and referrals to licensed psychiatrists practicing in MD.</p>	<p>Depends on the psychiatrist.</p>
<p>Judith Berk, LCSW-C Psychotherapist 9199 Reisterstown Road Suite 204-B Owings Mills, MD 21117 410-446-4158 <a href="mailto:JBERKMDLCSW@MSN.COM">JBERKMDLCSW@MSN.COM</a></p>	<p>No special criteria</p>	<p>Provides outpatient therapy and assessment in office and home visits for disabled/elderly.</p>	<p>Private insurance. Medicare Medicaid</p>
<p>Carroll County Health Dept. – Core Service Agency 290 W. Center Street Westminster, MD</p> <p>410-876-4440 Sandy Woodburn-Office Secretary Amy Baker-Adult Coordinator Dawn Brown-Child/Adolescent Coordinator</p>	<p>Primarily serve Medicaid. Private insurance-referred to resources</p>	<p>State designated agency responsible for planning, managing, and monitoring publicly funded mental health services.</p>	<p>No fees</p>
<p>Carroll County Youth Services Bureau 59 Kate Wagner Road Westminster, MD 21157</p> <p>410-848-2500 – Call for an appointment</p>	<p>Children and adults; family members in need of services</p>	<p>Comprehensive mental health services for children, adults and family. Outpatient services-mobile treatment social work and psychiatrists-all licensed therapists</p>	<p>Medicaid, Medicare, private insurance, fees for service</p>

AGENCY	CRITERIA	GENERAL INFORMATION	FEE
<p>Carroll Hospital Center            Memorial Avenue            Westminster, MD            410-848-3000 or 410-871-6971</p>	<p>Psych emergencies-take patient to the ER</p>	<p>Age 13 and up-most patients are admitted through ER room.</p>	<p>Will not accept Medicaid as primary payer.</p>
<p>Carroll Mental Health Care            6190 Georgetown Blvd.            Eldersburg, MD             410-550-9004            Private psychiatrist-Dr. Ruelos</p>	<p>Adults up to age 55 with mental illness.</p>	<p>Primary focus on child and adolescents; will see adults who have no substance abuse issues.</p>	<p>Accepts Medicaid-only for non-substance cases-patients with mental illness accepted up to age 55; accepts Medicare and private insurance.</p>
<p>Catoctin Counseling Center            63 E. Main Street            Suite 100            Westminster, MD 21157            410-848-9091</p>	<p>All areas-family, alcohol abuse, individual counseling</p>	<p>All areas-family, alcohol abuse, individual counseling.</p>	<p>Private insurance             Medical Assistance</p>
<p>Family &amp; Children's Services            22 N. Court Street            Westminster, MD             Contact intake worker            410-876-1233</p>	<p>Counseling program.            General, rape crisis, addictions</p>	<p>Adults in need of service meet with a licensed counselor or licensed social worker. If psych services are needed, the counselor/social worker refers them to the in-house psychiatrist.</p>	<p>Accepts Medicare, Medicaid and private insurance.</p>
<p>Finksburg Counseling Service            1812 Balto. Blvd., Ste. A            Westminster, MD 21157             By appointment only            410-751-6176</p>	<p>Individual, couples, family. Bariatric evals. Art &amp; Play therapy. Gay &amp; Lesbian issues</p>	<p>Multi-disciplinary group practice offering comprehensive evaluations. All age groups (age 3-seniors). Handicapped accessible.</p>	<p>Most insurances accepted.</p>
<p>Granite House (Mosaic Community Services of Westminster)            288 E. Green Street            Westminster, MD 21157            Call for an appointment            410-751-5970</p>	<p>Adults, psych services, counseling.</p>	<p>Psych services-mental health clinic, residential program, psych day program and crisis residential program at Sheppard Pratt</p>	<p>Medicaid            Medicare            PAC</p>

AGENCY	CRITERIA	GENERAL INFORMATION	FEE
<p>Keystone 255 Clifton Blvd., Ste 309 Westminster, MD 21157</p> <p>Call for an appointment 410-875-4694</p>	<p>Major persistent mental illness.</p>	<p>Adults and children counseling-no psychiatrists; social workers and LCPC's (counselors).</p>	<p>Medicaid Uninsured</p>
<p>North Carroll Counseling Center 1011 S. Main Street Hampstead, MD 21074</p> <p>Call for an appointment 410-552-9007</p>	<p>Families, individual, &amp; group work for anger management and alcohol abuse</p>	<p>Social workers and counselors available.</p>	<p>Private insurance only.</p>
<p>Pastoral Counseling Services 5407 N. Charles Street Baltimore, MD Non-profit. Call Baltimore number for referral to Carroll County services-presently Barbara Slick at Westminster United Meth. Church; 410-433-8861</p>	<p>No specific criteria.  Serves all ages.</p>	<p>Individual and couples; families.</p>	<p>Fee on sliding scale or insurance</p>
<p>ProBono Counseling  877-323-5800  Open 10:00 a.m.-1:00 p.m. Monday-Friday</p>	<p>No specific criteria.  Serves all ages.</p>	<p>Mental health referral services. Links uninsured low income families and individuals to mental health professionals.</p>	<p>No cost.</p>
<p>Re-entry 40 S. Church Street Westminster, MD  Call for services/to schedule appointment</p>	<p>Provide therapy for general public for loneliness, depression, anxiety, stress, alcohol and drug abuse. Individual, group and family counseling</p>	<p>Individual-18 and up psychotherapy and group therapy</p>	<p>Accepts Medicare, major insurance plans, HMO's.</p>

### Websites

AARP	<a href="http://www.aarp.org">www.aarp.org</a>
Access America for Seniors	<a href="http://www.seniors.gov">www.seniors.gov</a>
Administration on Aging	<a href="http://www.aoa.gov">www.aoa.gov</a>
Alzheimer's Assoc	<a href="http://www.alz.org">www.alz.org</a>
Amer. Assoc. of Homes and Services for the Aging	<a href="http://aahsa.org">aahsa.org</a>
American Assoc. for Geriatric Psychiatry	<a href="http://aagponline.org">aagponline.org</a>
American Assoc. of Nurse Executives	<a href="http://aanex.org">aanex.org</a>
American College of Health Care Administrators	<a href="http://achca.org">achca.org</a>
American Federation for Aging Research	<a href="http://afar.org">afar.org</a>
American Geriatrics Society (AGS)	<a href="http://www.americangeriatrics.org">www.americangeriatrics.org</a>
American Health Care Assoc. (AHCA)	<a href="http://www.ahcancal.org">www.ahcancal.org</a>
American Society on Aging (ASA)	<a href="http://asaging.org">asaging.org</a>
Association for Gerontology in Higher Educ.	<a href="http://aghe.org">aghe.org</a>
Benefits Checkup	<a href="http://benefitscheckup.org">benefitscheckup.org</a>
Carroll County Health Department	<a href="http://www.carrollhealthdepartment.dhmh.md.gov">www.carrollhealthdepartment.dhmh.md.gov</a>
Care for Elders	<a href="http://careforelders.org">careforelders.org</a>
Care Scout (info site for seniors)	<a href="http://www.carescout.com">www.carescout.com</a>
Caregiver Stress	<a href="http://caregiverstress.com">caregiverstress.com</a>
Caregiver website	<a href="http://www.caregiver.org">www.caregiver.org</a>
Caregiving Info website	<a href="http://www.caringinfo.org">www.caringinfo.org</a>
Caring Connections	<a href="http://caringinfo.org">caringinfo.org</a>
Center to Advance Palliative Care	<a href="http://capcmssm.org">capcmssm.org</a>
Centers for Medicare & Medicaid Services	<a href="http://www.cms.hhs.gov/">www.cms.hhs.gov/</a>
Community Partnerships for Older Adults	<a href="http://positiveaging.org/aboutus.html">positiveaging.org/aboutus.html</a>
Elder Law Answers	<a href="http://Elderanswers.com">Elderanswers.com</a>
Families USA	<a href="http://familiesusa.org">familiesusa.org</a>
Gerontological Society of America	<a href="http://geron.org">geron.org</a>
Inter-faith Care Partners	<a href="http://interfaithcarepartners.org/">interfaithcarepartners.org/</a>
International Council on Active Aging (ICAA)	<a href="http://www.icaa.cc">www.icaa.cc</a>
Medicare	<a href="http://cms.gov">cms.gov</a>
Medicare Rights Center	<a href="http://medicarerights.org">medicarerights.org</a>
Mental Health Association of Greater Houston	<a href="http://mhahouston.org">mhahouston.org</a>
My Final Decisions	<a href="http://myfinaldecisions.com">myfinaldecisions.com</a>
National Academy of Elder Law Attorneys	<a href="http://www.naela.com">www.naela.com</a>
National Alliance for Caregiving	<a href="http://Caregiving.org">Caregiving.org</a>



**Websites - continued**

National Assoc. of Area Agencies on Aging	n4a.org
National Assoc. of Nutrition and Aging Service Programs (NANASP)	nanasp.org
National Care Planning Council	longtermcarelink.net
National Care Planning Council (Long Term Care)	www.longtermcarelink.net/a2cfindattorney.htm
Nat. Clearinghouse on Direct Care Workforce	directcareclearinghouse.org
Nat. Commission for Quality Long-Term Care	www.qualitylongtermcarecommission.org/
Nat. Committee to Preserve Social Security & Medicare	www.ncpssm.org
National Council on Aging (NCOA)	www.ncoa.org
National Elder Law Foundation	http://www.nelf.org/
National Elder Life Professionals Network	www.nelpn.com/memberjoin.htm
National Family Caregivers Assoc.	nfcacares.org
National Hispanic Council on Aging	incacorp.com/nhcoa
National Hospice & Palliative Care Org.	nhpco.org
National Indian Council on Aging	nicoa.org
National Senior Citizens Law Center	nsclc.org
Needy Meds	www.needymeds.org
Older Women's League	owl-national.org
Resource Centers for Minority Aging Research	rcmar.ucla.edu
United Seniors Health Cooperative	ushc-online.org
YMCA Centers	YMCA.org

## Senior Citizen Home Safety Guidelines\*

Please check  your home for the following safety recommendations and correct any problems

### Check your home for the following:

- ✓ Emergency telephone numbers are posted on or near the telephone, and you have access to a telephone if you fall
- ✓ Emergency exit plan exists, and an alternate plan exists in case of fire
- ✓ Smoke detectors are properly located and functioning
- ✓ Small stoves and space heaters are placed where they cannot be knocked over and are not near furnishings, curtains or rugs
- ✓ Lamp, extension and telephone cords are out of traffic flow, are not under furniture or rugs/carpeting, are not attached with nails or staples and not frayed or cracked
- ✓ Passageways, hallways and exits are well lit and are kept clear

### Kitchen area:

- ✓ Towels, curtains and other things that might catch fire are not near oven/range
- ✓ Ventilation and range exhaust systems work properly
- ✓ Extension/appliance cords are not near sink or range
- ✓ Good, even lighting exists in stove, sink and counter top work areas
- ✓ A good, stable step stool is available

### Bedrooms:

- ✓ Lamp/light switches are within reach of the bed
- ✓ Ash trays, smoking materials and other fire sources are located away from the bed
- ✓ Nothing is covering the electric blanket when in use
- ✓ The electric blanket is not "tucked in"
- ✓ A telephone is close to the bed

### Stairs:

- ✓ Light switches are located at both the top and bottom of the stairs and the stairs are well lit
- ✓ The steps allow secure footing and the coverings on the steps are in good condition
- ✓ The steps are even and the same height
- ✓ You can clearly see the edge of the steps
- ✓ Nothing is stored on the stairway, even temporarily

### Bathroom/Shower

- ✓ Bathtubs/showers have non-slip mats, abrasive strips or surfaces that are not slippery
- ✓ Bathtubs/showers have at least one grab bar
- ✓ A light switch is located near the entrance
- ✓ Small electrical appliances such as hair dryers and shavers are unplugged when not in use

### Basement/Garage:

- ✓ A light switch is located near the entrance and the work areas are well lit

*\*Information is provided by the U.S. Consumer Product Safety Commission*

## Emergency Preparedness Contact Information

### PERSONAL INFORMATION

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
\_\_\_\_\_  
Phone: \_\_\_\_\_  
Cell Phone: \_\_\_\_\_  
Birth Date: \_\_\_\_\_

### LOCAL CONTACT

Name: \_\_\_\_\_  
Relationship: \_\_\_\_\_  
Address: \_\_\_\_\_  
\_\_\_\_\_  
Phone: \_\_\_\_\_  
Cell Phone: \_\_\_\_\_

### OUT-OF-STATE CONTACT

Name: \_\_\_\_\_  
Relationship: \_\_\_\_\_  
Address: \_\_\_\_\_  
\_\_\_\_\_  
Phone: \_\_\_\_\_  
Cell Phone: \_\_\_\_\_

### 1<sup>ST</sup> RELATIVE CONTACT

Name: \_\_\_\_\_  
Relationship: \_\_\_\_\_  
Address: \_\_\_\_\_  
\_\_\_\_\_  
Phone: \_\_\_\_\_  
Cell Phone: \_\_\_\_\_

### 2<sup>ND</sup> RELATIVE CONTACT

Name: \_\_\_\_\_  
Relationship: \_\_\_\_\_  
Address: \_\_\_\_\_  
\_\_\_\_\_  
Phone: \_\_\_\_\_  
Cell Phone: \_\_\_\_\_

### PETS CARED FOR BY:

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
\_\_\_\_\_  
Phone: \_\_\_\_\_  
Cell Phone: \_\_\_\_\_

### MEETING PLACES

Outside your home: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Outside your neighborhood: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### SHELTERING-IN PLACE

Meeting Place – Inside your home:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### ADDITIONAL MEDICAL/PHYSICAL INFORMTION NOT RECORDED ON MEDICAL INFORMATION LIST:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## American Red Cross Medical Information

*Please complete this form and distribute copies to your emergency contact people.*

Name:		Date of Birth:
Address:		
Primary physician:		Telephone number:
Hospital affiliation:	Type of health insurance:	Policy number:
Blood type:	Allergies and sensitivities:	Religious Affiliation:
Medications and dosages being taken (include over the counter medications):		
<small>*record additional medications-record on Emergency Preparedness Contact Information form</small>		
Specific medical conditions:		
Physical limitations:		
Adaptive equipment and vendors' phone numbers:		
Communication difficulties:		
Cognitive difficulties:		
Immunizations Received and Dates:		
Tetanus Vaccine: _____ Pneumococcal Vaccine: _____		
Influenza Vaccine: _____ Other: _____		



**Carroll County Maryland  
Registration for Residents with Special Needs**

\* New Registration       Updated Registration      Date Form Completed: \_\_\_\_\_

**PERSONAL INFORMATION**

\*Name of Individual with Disability: \_\_\_\_\_

\_\_\_\_\_ Last First Middle

\*Street Address: \_\_\_\_\_  
Street Apt #/P.O. Box

\_\_\_\_\_ City Zip

\*Primary Phone Number: \_\_\_\_\_

Secondary Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ \*Sex:  M  F

\*Language Spoken: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_

Residence Type:  House/Duplex  Mobile Home/Trailer  Apartment/Condo

Name of Mobile Home/Manufactured Home Park or Apartment Building: \_\_\_\_\_

Living Situation:  Living Alone  With Family  With Non-Relative  
 Homeless  Transient

**CARE REQUIREMENTS/DISABILITY (check all that apply):**

- Medical Dependence on Electricity
  - O2 Concentrator, Nebulizer
  - Feeding Pump
  - Suction
  - Other: \_\_\_\_\_
- Mental Impairment
  - Alzheimer's/Dementia
  - Respirator Dependent
  - Bedridden
  - Speech Impairment
- Emphysema
  - Heart Disease
  - Stroke
  - Cancer
  - Morbid Obesity
  - Visual Impairment
- Assistance with Administration of Medications
- Wheelchair User
  - Hearing Impairment
- Walker/Cane User
  - Service Animal
- Cognitive Impairment
  - Incontinence
- Anxiety/Depression
  - Dialysis Dependent
- Chemical Dependent
  - Allergies: \_\_\_\_\_
- Other: \_\_\_\_\_

Medications: \_\_\_\_\_

\*Required Fields

**REQUIRED ASSISTANCE**

Will your personal assistant be accompanying you? Yes No

Assistant's Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

\*Is transportation needed? Yes No

\*Type: Automobile Van with wheelchair lift Ambulance

**PET INFORMATION (if applicable, indicate how many)**

\_\_\_\_ Cat \_\_\_\_ Dog \_\_\_\_ Service Dog \_\_\_\_ Other: \_\_\_\_\_

**EMERGENCY CONTACT INFORMATION**

\*Primary Contact: \_\_\_\_\_ \*Phone: \_\_\_\_\_ Relation: \_\_\_\_\_

Secondary Contact: \_\_\_\_\_ Phone: \_\_\_\_\_ Relation: \_\_\_\_\_

Physician: \_\_\_\_\_ Phone: \_\_\_\_\_

Home Health Care Agency: \_\_\_\_\_ Phone: \_\_\_\_\_

Oxygen Provider: \_\_\_\_\_ Phone: \_\_\_\_\_

**AGREEMENT**

I understand that completion of this form is merely to assist with an emergency response and in no way guarantees an emergency response or special priority during an emergency or disaster. I understand in the event of an emergency or disaster, if I need assistance, Carroll County Emergency Management will prioritize use of pertinent County resources in accordance with County policy. Therefore, I give Carroll County Emergency Management authorization to share this information with other local support agencies in the event of an emergency or disaster. I also grant emergency response personnel permission to enter my home during search and rescue operations following a disaster, if necessary, to assure my safety and welfare.

If at any time a change is made to the above information, please send an updated form to the Office of Public Safety Support Services.

\*Type/Print Name: \_\_\_\_\_

Person Completing Form (Care Taker): \_\_\_\_\_

**ASSISTANCE**

If you need assistance or have any questions regarding the registration please feel free to contact Christina Calp at 410-386-2296.

**If Mailing Send To:**  
Office of Public Safety Support Services  
225 North Center Street  
Westminster, MD 21157

\*Required Fields

