

Family Services



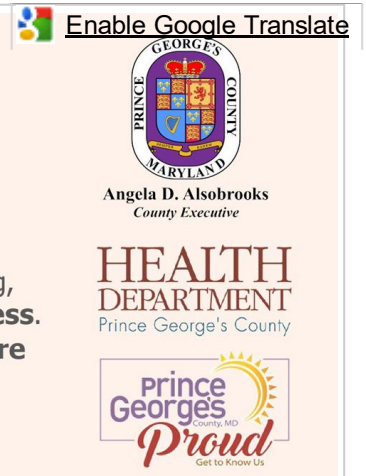
Aging and Disabilities Services Division

What Seniors Need to Know About: CORONAVIRUS (COVID-19)

Who is at Higher Risk?

Older adults and people who have **severe chronic medical conditions** like lung, heart, or kidney disease seem to be **at higher risk for serious coronavirus illness**. It is especially important for you to **take actions to reduce your risk of exposure** if you are at higher risk.

For further information visit health.mypgc.us/coronavirus or call (301) 883-6627.



CURRENT CDC GUIDELINES For Those At Higher Risk:



Stay at home as much as possible.



In public, keep away from others who are sick, **and wash your hands often.**



Avoid crowds.



Have access to several weeks of **medications and supplies.**



Stay up to date on **CDC Travel Health Notices.**

Take Everyday, Preventative Actions



Wash your hands for **20 seconds** or sing the Happy Birthday Song, **especially** after blowing your nose, coughing, sneezing or having been in a public place.



Use **soap and water**. If soap is **not** available, use **hand sanitizer** with at least 60 percent alcohol.



Avoid touching your face, nose and eyes.



If you go out in public, **keep your distance** from others who are sick, wash your hands often.

Consider ways of **safely getting food brought to your house** through family, social, or commercial networks.

Plan Ahead in Case You Get Sick



Stay in touch with others.



Develop a contact list of friends, family, neighbors, community health workers, etc.



Determine who can provide you with care if your caregiver gets sick.



Listen to your body. If you are feeling sick, stay home and call your health care provider.



Family and Caregiver Support

- Know what medications your loved one is taking and help them prepare to have extra on hand.
- Monitor food and essential medical supplies needed and create a back-up plan.
- If you care for a loved one living in a care facility, monitor the situation, ask about the health of the other residents frequently and know the protocol if there is an outbreak.




What To Do If You Get Sick

STAY HOME

- **Call your health care provider**, let them know about your symptoms. They will assess if you need testing and provide next steps for care.



There are a growing number of people who are faced with making life-changing decisions for themselves and elderly family members. The Aging and Disabilities Services Division provides and supports a broad range of services and programs for older adults and their families.

The purpose of the Aging and Disabilities Services Division is to support older adults so they can maintain the highest possible quality of life with independence and dignity, and to assist seniors and their family members with the many challenges of the aging process. The Aging and Disabilities Services Division acts as the first resource you can turn to for help. In Prince George's County, the Aging and Disabilities Services Division is part of the Department of Family Services. The Aging and Disabilities Services Division provides the following services and programs for older adults and their families.



PRINCE GEORGE'S
Senior Provider Network

COMMUNITY / RESOURCES / COLLABORATION / EDUCATION



2020

**PRINCE GEORGE'S COUNTY
SENIOR RESOURCE GUIDE**

INSIDE

Aging In Place and Senior Resources
Professional & Government Resources

For more information visit www.pgspn.org

Family Caregiving Program

The Family Caregiving Program provides assistance to caregivers, which may include family, friends, and members of the community, with the access to support groups, problem solving, education, and respite care.

State Health Insurance Program

The State Health Insurance Program offers health insurance counseling and assistance to Medicare beneficiaries and their caregivers. Senior Medicare Patrol is designed to prevent healthcare fraud and abuse.

Health Promotion, Wellness & Evidence-Based Self-Management Programs

Health Promotion, wellness, and evidence-based self-management programs are designed to enhance the knowledge, skills and practices to assist with improving health by working towards an overall healthier lifestyle. [Read More!](#)

The Health Promotion Program has taken a step towards a proactive model of care in the use of an evidenced-based chronic disease self-management program known as "Living Well." The "Living Well" program is an opportunity for County seniors to take a proactive stance in their care through a 6-week workshop that creates a person-centered partnership in care management.





Retired Senior and Volunteer Program



The Retired Senior and Volunteer Program provides a variety of interesting and challenging volunteer opportunities to older adults, 55 years and up, at over 50 nonprofit and government agencies.

Foster Grandparent Program

The Foster Grandparent Program provides resources for older volunteers to work with at-risk youth throughout Prince George's County. Participants volunteer at least 15 hours each week and can receive a stipend if income eligible.



Telephone Reassurance Program

The Telephone Reassurance Program recruits community volunteers to place daily reassuring telephone calls to older adults within Prince George's County. The program is designed to help eliminate some of the feelings of loneliness and social isolation faced by senior citizens living alone.

Senior Community Service Employment Program

The Senior Community Service Employment Program is a federally funded program for older adults who seek civic engagement as well as employment and training assistance. Low-income qualifying participants must be at least 55 years old, a resident of Prince George's County, and unemployed.

Senior Nutrition Program

The Senior Nutrition Program provides hot, nutritious meals to those Prince George's County older adults who are 60 years and older. The program promotes healthy eating and independence in both home and group settings in order to meet the nutritional meal needs of older adults.

Long-Term Care Ombudsman Program

The Long-Term Care Ombudsman Program is authorized by the Older American's Act and Maryland Law to advocate for and protect the rights of residents in long-term care facilities. Long-term care facilities include nursing homes and assisted living facilities. The Long-Term Care Ombudsman Program will assist long-term care residents and their families through investigation, advocacy and mediation.

Medicaid Home and Community-Based Options Waiver

The Medical Home and Community-Based Options Waiver provides individuals 18 years of age and older the opportunity to remain in a community setting, such as their home or an assisted living facility, even though their advanced age or disability would warrant placement in a long-term care facility.

Money Follows the Person

The Money Follows the Person Program provides assistance to individuals who are transitioning out of a nursing or assisted living facility back into community living. Individuals receive assistance through peer mentoring, as well as coordination and assistance with the transition process.

Community First Choice

The Community First Choice Program provides enhanced services in a home-based setting to Maryland residents who receive Community Medicaid benefits and meet an institutional level of care based on their need for assistance with activities of daily living.

Community Personal Assistance Services

The Community Personal Assistance Services Program is formally known as the Medical Assistance Personal Care Program. This program provides support to individuals who do not meet an institutional level of care, but require assistance with their activities of daily living.

Senior Care

The Senior Care Program provides services for older adults who may be at risk for nursing home placement. Services can include personal care, adult day care, financial help for medications, medical and personal supplies, and emergency response systems.

Senior Assisted Living Group Home Subsidy Program

The Senior Assisted Living Group Home Subsidy Program provides financial assistance to eligible low to moderate income older adults residing in assisted living facilities by subsidizing the cost.

Adult Public Guardianship Program

The Adult Public Guardianship Program ensures the ongoing safety and well-being of older adults by professional case managers when the Aging and Disabilities Services Division has been appointed Public Guardian by the Circuit Court.

Project HIRE Disability Apprenticeship Program

The Project HIRE Disability Program provides individuals with developmental and/or intellectual disabilities between the ages of 18 and 25 a meaningful paid job training experience with a Prince George's County Government agency.

Aging & Disabilities Services Division

Physical Address

6420 Allentown Road
Camp Springs, MD 20748

Phone: 301-265-8450

Fax: 301-248-5362

Fax: 301-248-5358

TTY: 211 (Maryland Relay)

[Directory](#)
