Home Care Options

Living in your home either alone or with family offers the benefits of familiar surroundings and proximity to family, friends, and neighbors. However, staying in your home may require some modifications to your home or other outside assistance such as help with housekeeping chores and meal preparation or assistance with activities of daily living (ADLs) such as bathing and dressing. This guide provides resources and descriptions of the many services you can receive at home.

Maryland Access Point

Maryland Access Point (MAP) is the Aging and Disability Resource Program in Maryland, designed to assist individuals with long term care needs and their caregivers identify and locate services in their community. MAP is a centralized, single point of entry for access to the services provided by state agencies such as the Department of Aging, the Department of Human Resources, the Department of Disabilities, as well as other private, public and community based resources. Contact the MAP program online.

Options Counseling: Maryland Access Point provides free Options Counseling to help individuals and their caregivers develop long term care plans. Counselors meet with individuals and match their needs with services available in their community. Contact your local MAP office to make an appointment.

Maryland Senior Call Check Pilot Program

The Senior Call Check program adds an additional layer of security so older Marylanders can live well and age well in their homes or communities. This is a free service that is open to any Maryland resident 65 years of age or older. The service will place an automated daily call check at a designated time to ensure older Marylanders are safe. If the call is not picked up after 3 attempts, the service will call a designated family member, friend or neighbor to check on you.

To sign up or get more information call 1-866-50C-HECK or go to the Department of Aging website.
Community for Life

The Maryland Community for Life (CFL) was developed in partnership with the Maryland Department of Aging. CFL is a membership, fee-based* program that provides a package of non-medical services for homeowners and renters in select zip code regions in Maryland. The program is designed for older adults living independently in their own homes, and delivers key services such as predictable home maintenance, transportation, and community access needs in a cost-effective and supportive manner. For more information about Community for Life, visit the Maryland Department of Aging website.

Senior Centers

A senior center provides entertainment, recreation, education, opportunities for eating together, and special services for adults in the community where they live. Often the centers are located with other senior services or in senior housing communities. Some centers provide programs for persons with specific needs such as Alzheimer’s or medical services. Senior centers may charge a membership fee or a fee for specific activities or services, but many activities do not require a fee.

Senior centers are a good source of information about local area senior programs and services. For more information about Senior Centers and to find a location near you, visit the Maryland Department of Aging website.

Nurse Referral Service Agencies

Nurse Referral Service Agencies are agencies that screen and refer licensed nurses, home health aides, homemakers, live-in caretakers, and companions for individuals needing help in their home. The person seeking assistance contracts directly with the individual who will provide the service and may pay the agency or the provider for services.

The Office of Health Care Quality Licensee Directory gives contact information for Nurse Referral Service Agencies. The directory can be downloaded here.
Home Health Agencies

Home health agencies provide nursing services, home health aides, and one or more other services such as physical therapy, occupational therapy, and social services. Several kinds of health care staff may provide care based on your needs. Home health agencies participate in the Medicare program and many health insurance programs include a home health benefit. A physician referral is required; therefore, it is a good idea to talk to your doctor if you think you might need this type of care. A medical reason is usually needed for these services to be reimbursed by Medicare or insurance.

Find a Home Health Agency on the Quality Reporting website.

Residential Services Agencies

A residential service agency, or RSA, provides supportive home care services, for example, assistance with Activities of Daily Living (ADLs), therapy, skilled nursing and aide services, or may provide Durable Medical Equipment, such as oxygen compressors, wheelchairs, walkers and hospital beds. Only RSA providers of durable medical equipment may participate in the Medicare Program. The person seeking assistance contracts with the agency. RSA services are often paid for by the person using services but may be paid by insurance under some circumstances.

The Office of Health Care Quality maintains a directory of all licensed Residential Services Agencies.

Visit their website to view the directory.

Adult Medical Day Care

Adult medical day care is a planned program offered in a group setting which provides services that improve or maintain health or functioning and offer social activities for seniors and persons with disabilities. The services offered can vary but are designed to meet the needs of participants during the day, while allowing individuals to continue living with their families or in the community.

Adult Medical Day Care can meet two needs:

✓ To provide adults with medical, health or functional needs to receive the services offered and an opportunity for social interaction.

✓ To allow caregivers a regular means to continue to work outside the home while receiving help with the care of a loved one or a periodic break (respite) in which to attend to personal needs.

Examples of services provided include physical and speech therapy, medication management, mental health services and support groups. Some day care programs may provide services for a specific population such as people with Alzheimer’s disease.

The ARCH National Respite Network and Resource Center, which is funded in part by the U.S. Department of Health and Human Services, puts out the fact sheet: "Adult Day Services and Respite"

Adult medical day care centers generally operate during daytime hours, Monday through Friday, although some offer extended and weekend hours. A meal is typically provided as part of the program.

Find Adult Medical Day Care in your area on the Quality Reporting website.