



National Family Caregiver Support Program

ABOUT THE PROGRAM

Maryland's Family Caregiver Support Program is administered by the Maryland Department of Aging and is part of a national network of caregiver programs funded by the federal Administration for Community Living. The program helps family and informal caregivers care for their loved ones at home for as long as possible. Family caregivers are the major source of unpaid help for older and disabled adults living in communities across the state. These caregivers typically include spouses, adult children, relatives, and friends.

The program works in conjunction with a host of state and community-based services to create a coordinated array of supports for individuals who need them. Studies show that these services can reduce caregiver depression, anxiety, and stress and enable them to provide care longer, thereby avoiding or delaying the need for costly institutional care.

5 TYPES OF SERVICE:

- Information to caregivers about available services
- Assistance to caregivers in gaining access to services
- Individual counseling, organization of support groups, and caregiver training
- Respite care
- Supplemental services (on a limited basis)

FAMILY CAREGIVERS WHO ARE ELIGIBLE INCLUDE:

- Adult family members or other informal caregivers age 18 and older providing care to individuals 60 years of age and older
- Adult family members or other informal caregivers age 18 and older providing care to individuals of any age with Alzheimer's disease and related disorders
- Grandparents and other relatives (not parents) 55 years of age and older providing care to children under the age of 18
- Grandparents and other relatives (not parents) 55 years of age and older providing care to adults age 18-59 with disabilities.

To learn more visit, www.aging.maryland.gov or www.marylandaccesspoint.info

Call 410.767.1100 or 1.800.243.3425