

Resources

Maryland Caregiver Support Coordinating Council

The purpose of the Council is to coordinate statewide planning, development, and implementation of family caregiver support services. Website: http://www.dhr.state.md.us/blog/?page_id=4563

Behavioral Health Administration (BHA)--Provides information on public mental health services to children and adults. Phone: 1-800-888-1965 (toll free) Website: <http://bha.dhmh.maryland.gov/SitePages/Home.aspx> Maintains a resource directory for certified programs in Maryland. Phone: 410-402-8600 Website: <http://bha.dhmh.maryland.gov/SitePages/Home.aspx>

Developmental Disabilities Administration (DDA)--Provides information on services and supports to children and adults with intellectual and developmental disabilities. Phone: 1-800-888-1965 (toll free) or 410-767-5600 Website: <http://dda.dhmh.maryland.gov>

Maryland Medical Assistance Programs--Provide descriptions of many of the programs and services available, with information on how and where to apply for benefits including Medicaid. Website: <http://mmcp.dhmh.maryland.gov/SitePages/Home.aspx>

Maryland Department of Disabilities (MDOD)--Provides information and links to services including housing, employment, transportation and benefit counseling for people with disabilities. Phone: 1-800-637-4113 (toll free) Website: www.mdod.state.md.us

Maryland Department of Aging (MDOA)--Provides information on services and benefits for seniors. Phone: 410-767-1100 Web site: www.aging.maryland.gov

Department of Human Resources (DHR)--Provides

information on services available to vulnerable children and adults, coordinated through local Departments of Social Services (DSS). Phone: 1-800-332-6347 Website: www.dhr.state.md.us

Maryland Division of Rehabilitation Services (DORS) --Provides programs and services that help people with disabilities go to work or stay independent in their homes and communities. Phone number: 888-554-0334 (toll-free) Website: www.dors.state.md.us

Transitioning Youth Website for Students with Disabilities -- The Maryland Transitioning Youth Website provides information and resources on transition planning for youth with disabilities and their families. Website: www.mdtransition.org

Maryland Access Point (MAP) -- A website that provides information on long-term and short-term supports and services throughout Maryland's communities. Website: www.marylandaccesspoint.info

Maryland Developmental Disabilities Council --The Council is a public policy organization that advocates for the inclusion of people with developmental disabilities in all facets of community life. The Council publication called "Planning Now: A Futures and Estate Planning Guide for Families of Children and Adults with Developmental Disabilities" may be obtained on their website: www.md-council.org or by calling 410-767-3670.

The services and facilities of the Maryland Department of Health and Mental Hygiene (DHMH) are operated on a non-discriminatory basis. This policy prohibits discrimination on the basis of race, color, sex or national origin and applies to the provisions of employment and granting of advantages, privileges, and accommodations.

The Department, in compliance with the Americans with Disabilities Act, ensures that qualified individuals with disabilities are given an opportunity to participate in and benefit from DHMH services, programs, benefits, and employment opportunities.

Planning for Life

Tips and Resources for Caregivers

Sponsored by

**Maryland Caregiver Support Coordinating Council (MCSCC) and
Maryland Department of Health and Mental Hygiene (DHMH) and
Developmental Disabilities Administration (DDA)**



Larry Hogan ., Governor
Boyd K. Rutherford, Lt. Governor
Van T. Mitchell, Secretary, DHMH
Bernard Simons, Deputy Secretary, DDA



Are you the primary parent, spouse, sibling or person responsible for the care of someone with a disability?

Do you worry about what will happen when you are no longer able to care for their needs?

Whether because of your advanced age or health, without your care, what will their life look like?

If you are hospitalized, who will assist them?

What are their plans and goals for life?

Who will help them when you die?

Caregivers who are primarily responsible for a person with a developmental or intellectual disability, mental illness or a substance use disorder may find it difficult to answer these questions. You might not be able to envision what the future holds for your family member with a disability. Thoughtful planning -- that involves the person -- helps to ensure they have the services and supports to meet their preferences and needs. Should an emergency occur, good planning can help alleviate disruption..

Planning

The resources in this pamphlet can help you begin the planning process.

Points to consider while planning:

- Use the resources available to help with planning many resources are listed on the back of this brochure.
- The person and their caregiver(s) need to be actively involved in the planning process.
- Be sure that the person's preferences are part of the plan.

A complete plan considers:

- Living situation
- Employment/Day services
- Finances/Legal
- Medical
- Life transitions
- Social and Recreational preferences
- Appointing an alternate family member.



- The plan should address both short- and long-term needs, including emergencies, such as the illness of the caregiver.
- People's needs and preferences change over time review the plan periodically or when there is a transition in the person's life (i.e. medical needs, living situation, finances change).
- Explore all available resources and supports, including government programs, as well as local supports such as neighbors, church members, friends, etc.
- Local, state and federal programs may have waiting lists; ask questions about how a list is maintained and any guidelines for updating your application.
- Seek assistance from family, friends and peers. They may have experience or knowledge that can help.
- Consult with professionals such as:
 - Case Managers/Social Workers
 - Healthcare Providers
 - Lawyers/Financial Planners
 - Educators
 - Advocacy Groups
 - Government agencies
- Do not hesitate to ask questions. Take notes so that you can refer to them as needed.
- Organize. Keep copies of all correspondence, evaluations and documents. Be sure that someone else knows where the information is kept.