

# First Steps for Help

## Community Resource Guide

### **Maryland Access Point of Baltimore County/Dept of Aging Services (410-887-2594)**

- Serves as the entry point for screening, information, and referrals for seniors, adults with disabilities, their families, caregivers and professionals, including information about senior housing, in-home help, loan closet for durable medical equipment, and more

### **Baltimore County Department of Social Services (410-853-3000)**

- Social Services to Adults (SSTA)
  - Information & referrals, crisis intervention, and case management for vulnerable adults
- In-Home Aide Services (IHAS)
  - Personal care and chore services to individuals with functional disabilities
- Food Supplement Program (SNAP) and Medical Assistance (Medicaid)

### **Baltimore County Crisis Response (410-931-2214)**

- Crisis, information, and referral hotline for mental health and substance use available 24/7

### **Maryland Tobacco Quitline 1-800-QUIT-NOW (1-800-784-8669)**

- Free and confidential services to help stop smoking and become tobacco-free

### *Additional Help:*

- **2-1-1**
  - Information and referrals for material needs and the *Caregiver Services Corps*
- **Assistance Center of Towson Churches (410-296-4855)**
  - Provides emergency help, including food, eviction and utility-cutoff prevention, payment for prescriptions, and lunches for the homeless
- **Meals on Wheels of Central Maryland (410-558-0932)**
  - Home-delivered meals; grocery assistance program; home repairs and modifications
- **Energy Assistance (1-800-332-6347)**
  - Provides financial assistance with home heating bills
- **The Salvation Army of Central Maryland (410-783-2920)**
  - Food, shelter, financial assistance, and more
- **Maryland Senior Legal Helpline (1-800-896-4213 ext. 7750)**
  - Free telephone service for persons living in Maryland ages 60 and older
  - Talk to a lawyer for legal advice, brief legal services, or referral to another lawyer, or to an appropriate public or private agency
- **Golden Arms Assisted Living Placement Services (410-655-0925)**
  - Free service that helps identify assisted living facilities based on budget and needs
- **Senior Prescription Drug Assistance Program (SPDAP) 800-551-5995**
  - Prescription assistance for income eligible Maryland residents
- **Medicare Extra Help Subsidy Program (1-800-772-1213)**
  - Prescription assistance through Social Security based on eligibility requirements
- **Accessible Homes for Seniors ( 800-638-7781)**
  - Income-based deferred loans or grants for home modifications for accessibility
- **Answers for the Aging (667-600-2100)**
  - A free telephone-based information and referral service for questions about services for older adults, their families, friends and caregivers

*"Once you choose hope, anything's possible."*

—Christopher Reeve