

# Resources for Families of Children with Special Needs in Frederick County, Maryland

Compiled by FCPS Partners for Success--2015

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## Assistive Technology/Durable Medical Equipment

**AA-Eastern Mobility, Inc.** (4 Council Drive, Woodsboro, MD 21798): Facilitates access to the world for individuals who have limited physical ability or are severely handicapped. Provides sales, service, and installation for stairlifts, wheelchair vans, wheelchair lifts, scooters, power chairs, and more.

301-845-4188

[sales@easternmobility.com](mailto:sales@easternmobility.com)

[www.easternmobility.com](http://www.easternmobility.com)

**AT Discount Sales & Services LLC:** Formed by Amanda Cheong, who brings a wealth of knowledge given her more than 15 years of experience working in the field of Assistive Technology. Our mission is to provide product information and available discounts on assistive technology and related products as well as services for schools, organizations, families and community agencies serving individuals with disabilities. To learn more about the products and services offered, check out discounts on Assistive Technology or learn more information on our FAQ's and resources section. We are committed to helping the individuals you care about gain greater access and integration into the world around them.

[Amanda@atdiscount.net](mailto:Amanda@atdiscount.net)

Phone: 410-290-1327

<http://www.atdiscount.net/>

**AbleData** (103 W. Broad Street, Suite 400, Falls Church, VA 22046) AbleData provides objective information on assistive technology and rehabilitation equipment available from domestic and international sources to consumers, organizations, professionals, and caregivers within the United States. We serve the nation's disability, rehabilitation, and senior communities. We do not produce, distribute or sell any of the products listed on this website, but we provide you with information on how to contact manufacturers or distributors of these products. We also do not produce any type of catalog. AbleData's most significant resource is the AbleData database of assistive technology, which contains objective information on almost 40,000 assistive products. For each product, we provide a detailed description of the product's functions and features, price information (when available), and contact information for the product's manufacturer and/or distributors. We also offer information on non-commercial prototypes, customized and one-of-a-kind products, and do-it-yourself designs. To select products most appropriate to your needs, we suggest combining information provided by AbleData with professional advice, product evaluations, and hands-on product trials.

800-227-0216

<http://www.abledata.com/>

[abledata@neweditions.net](mailto:abledata@neweditions.net)

**Equipment Connections for Children** (12909 Barleycorn Terrace, Germantown, MD 20874)

From the abundance of outgrown and unused equipment to the children in need, Equipment Connections For Children was formed to place outgrown and yet still very usable equipment with those children with disabilities that have no other means to obtain the equipment. Our vision is a world in which all available adaptive equipment is in use by the children who need it. We are here to help if you cannot get a piece of equipment by any other means. We will be asking if you have tried getting the equipment through insurance because our primary purpose is to serve children who are not able to obtain the equipment and don't have funding for it any other way.  
301-540-8805

<http://www.equipforchildren.org/>

**FAST's Augmentative Communication Showroom and Demonstration Center** (801 Norwood Road, Silver Spring, MD 20905) Sponsored by the Foundation for Autism Support and Training. At no charge and by appointment, any person with autism in Maryland/DC, or any of their family members may set up an appointment to try out, learn about and play with a full range of leading Speech Generating Devices in a relaxed setting. Trained staff will be available to demonstrate devices, answer questions, and provide educational information.

301-260-2777

[info@foundationforautismsupportandtraining.org](mailto:info@foundationforautismsupportandtraining.org)

<http://www.foundationforautismsupportandtraining.org>

**Federated Charities** (22 S. Market St., Suite 1, Frederick, MD 21701): Provides a free loan of homecare medical equipment on a temporary basis.

301-662-1561

[fedcharities@aol.com](mailto:fedcharities@aol.com)

[www.federatedcharities.org](http://www.federatedcharities.org)

**Frederick Medical Supplies, Inc.** (179B Thomas Johnson Drive, Frederick, MD 21702): A full-line home medical equipment company, specializing in custom rehab equipment. Provides free in-home evaluations, delivery, and education to ensure the best equipment is supplied. Will bill Medicare and insurances.

301-378-2266

[kyoung@frederickmedsupplies.com](mailto:kyoung@frederickmedsupplies.com)

[www.frederickmedsupplies.com](http://www.frederickmedsupplies.com)

**Maryland's Technology Assistance Program** (MD TAP) (2301 Argonne Drive, Rm T-17 Baltimore, Maryland 21218) The Maryland Technology Assistance Program (MDTAP) is a program of the Maryland Department of Disabilities. Our mission is to enhance the lives of all Marylanders with disabilities, older Marylanders, and their families by helping support access to assistive technology (AT) devices and services. On the website, you will find information on the following: AT Financial Loan Programs; Equipment Demonstrations & Loans; Virtual AT Library:

AT Resources; Home Modifications Directory; Recycled/ Refurbished AT; Equipment Link; Loan Closet Directory.

Toll free voice 1-800-832-4827 or TTY 1-866-881-7488

<http://mdod.maryland.gov/mdtap/Pages/MDTAP-Home.aspx>

**Total Mobility Services** (5415 Yukon Court, Frederick, MD 21703): At Total Mobility Services, we want you to be able to go where you want to, when you want. For Total Mobility freedom you need the right mobility equipment that fits your needs, whether it's a chairlift, stair climber, elevator, vertical platform lift, mobility van or lift for your vehicle. We sell, install, and service. 240-490-7840

[annem@tmservices.com](mailto:annem@tmservices.com)

[www.tmservices.com](http://www.tmservices.com)

**Unified Community Connections**-(UC2'S No Boundaries Assistive Technology Center, Executive Plaza III, 11351 McCormick Road, Suite 1100, Hunt Valley, MD 20131)

Unified Community Connections' No Boundaries Assistive Technology Center provides for all of Maryland assessment, therapy, and training for children and adults with communication and computer-access difficulties. We provide services to individuals with any type of disability including cerebral palsy, ALS, multiple sclerosis, Down syndrome, autism, carpal tunnel syndrome, spinal cord injury, traumatic brain injury, learning disabilities and more. The No Boundaries Center is staffed with licensed speech-language pathologists who specialize in assistive technology.

For more information about Unified Community Connections' No Boundaries Assistive Technology Center, contact Angela Strauch at [astrauch@uc2.org](mailto:astrauch@uc2.org)  
410-484-4540, ext. 2580

<http://www.unified.org/unified-programs-services/assistive-technology>

**V-LINK-Special Solutions for Special Needs** (2301 Argonne Drive, Baltimore, MD 21218)

V-LINC was formed in 2010 out of a merger between Learning Independence Through Computers (LINC) and Volunteers for Medical Engineering (VME). V-LINC's focus is on improving the independence and quality of life for individuals with disabilities. We provide innovative technology solutions and training that assist individuals in their home, community and workplace. Assistive technology is not one-size-fits-all. V-LINC's Volunteers for Medical Engineering service provides customized assistive technology that makes it easier for people with disabilities to live, work, and play more independently. Our volunteers design and build both high-tech and low-tech solutions to meet needs large and small. We serve clients of all ages with varied disabilities and abilities, and there are no income qualifications to receive Volunteers for Medical Engineering services. We only ask for a donation of \$100, but this can be discussed if that would cause a financial burden.

410.554.9134 Fax 410.261.2907

<http://www.v-linc.org/>

**Whitesell Pharmacy** (236 N. Market St., Frederick, MD 21701)—Frederick's oldest full service independent pharmacy. Offers a full range of services, including prescriptions, compounding, bubble packed medications, diabetic supplies, and durable medical equipment. Rental options and more. Can bill major medical insurances. Free local delivery. Fully accredited with Medicare. 301-662-4848  
[www.whitesells.com](http://www.whitesells.com)

## **Daycare for Children with Special Needs**

**Frederick YMCA Kids Unlimited-** (1000 North Market Street, Frederick, MD 21701) Camps, after school care, and more. All staff members for Kids Unlimited undergo training through partnerships with Monocacy Nuerodevelopmental and a local speech and language pathologist to help them better understand the special-needs students. Contact Person: Kelly Presnell at 301-663-5131, ext. 1248  
[info@frederickymca.org](mailto:info@frederickymca.org)  
<http://frederickymca.org/>

**Locate: Child Care Special Needs Service**—(1001 Eastern Avenue, 2nd Floor Baltimore, MD 21202) All children are entitled to quality child care and it is the parent's right to make an informed decision concerning their child care needs. Maryland Family Network's LOCATE: Child Care Special Needs Service is:

- Free - it is funded by the MD State Department of Education (MSDE)
- Available to any family who has a child with a special need
- Available for children from birth through age 21

When a parent contacts LOCATE: Child Care, the LOCATE Specialist will: Discuss the child's special need or disability\*Discuss any services or accommodations needed while in child care  
\*Discuss location, cost and other factors\*Refer to child care providers or programs with special needs experience or Refer to child care providers who will to work the with child's special need\*Discuss how to find quality child care.

800-999-0120

[specialneeds@marylandfamilynetwork.org](mailto:specialneeds@marylandfamilynetwork.org)  
<http://www.marylandfamilynetwork.org>

## **Disability Specific**

**Connections Beyond Sight and Sound** (University of Maryland, 1308 Benjamin Building, College Park, Maryland 20742) Connections Beyond Sight and Sound is a partnership between the Maryland State Department of Education and the University of Maryland, College Park. This project supports Maryland and DC children and young adults with deaf-blindness in their homes,

schools, and communities by providing consultation, training, special programs, resources, and technical assistance to children and their families and care providers.

301-405-0482

<http://www.cbss.umd.edu/>

**Maryland Office for Blindness and Vision Services** (2301 Argonne Drive, Baltimore, MD 21218) DORS' Office for Blindness & Vision Services (OBVS) programs and services are for individuals whose primary disability is vision loss. OBVS rehabilitation counselors, rehabilitation technologists, case managers and rehabilitation teachers are specially trained to help people who are blind, vision impaired or deaf-blind with planning for employment and independence. OBVS also administers the Maryland Business Enterprise Program for the Blind, which prepares individuals to operate successful vending and food service operations in public facilities. OBVS Programs and Services Include: \*Career guidance & assessment \*Assistive technology\*Vocational or academic education \*Independent living skills training \*Orientation & mobility\*Job placement

410-554-9442 or 888-554-0334 or 443-798-2840 VP

<https://www.disability.gov/resource/maryland-office-blindness-vision-services/>

<http://dors.maryland.gov/consumers/specialized/OBVS/Pages/default.aspx>

**Maryland Office of the Deaf and Hard of Hearing** (217 E. Redwood St., Suite 910, Baltimore, MD, 21202) ODHH was established in 2001 to provide expertise related to deaf and hard of hearing issues to Maryland citizens and to facilitate their ability of access resources and services. We hope that this website will help us to fulfill our mission by providing access to information and resources related to deaf and hard of hearing individuals in Maryland. ODHH believes that all Maryland citizens who are deaf or hard of hearing should have equal and full access to resources, services, and opportunities for participation in all aspects of community life through the provision of appropriate accommodations. Maryland Relay 1-800-735-2258; Voice 410-767-6290; TTY 410-767-7756;

VP 443-453-5954

<http://odhh.maryland.gov/>

[gov.odhh@maryland.gov](mailto:gov.odhh@maryland.gov)

**The Maryland School for the Blind** (3501 Taylor Ave., Baltimore, MD 21236) The Maryland School for the Blind (MSB) is a private, statewide resource center providing outreach, school and residential programs to children and youth from infancy to age 21 who are blind or visually impaired including those with multiple disabilities. Serving as an integral part of Maryland's special education continuum, MSB will exceed student-achievement expectations by setting high standards and providing best-practice programs in state of the art facilities.

410-444-5000

<http://www.mdschblind.org/>

[info@mdschblind.org](mailto:info@mdschblind.org)

**The Maryland School for the Deaf:** The Maryland School for the Deaf, a diverse, bilingual community, in partnership with families, provides an equitable and exemplary education in a nurturing, engaging, and challenging environment to ensure our students achieve personal excellence and become responsible lifelong learners. Provided is a free public education for children from birth through age 21 who are Deaf and Hard of Hearing, reside in Maryland, and meet the MSD admissions criteria.

**Columbia Campus** --8169 Old Montgomery Road, Columbia, MD 21044

Contact Numbers: 240-575-2966 (VP); 410-480-4500 (Voice); 410-480-4501 (TTY)

**Frederick Campus**--101 Clarke Place, Frederick, MD 21705-0250

Contact Numbers: 240-575-2966 (VP); 301-360-2000 (Voice); 301-360-2001 (TTY)

<http://www.msd.edu/>

**Pathfinders for Autism:** (303 International Circle, Suite 110, Hunt Valley, MD 21030)

Pathfinders for Autism has grown into the State's largest autism organization dedicated to helping individuals, parents and professionals find resources, supports and training while working to increase the awareness of autism spectrum disorders and advocating for the needs of individuals with autism and their families. To learn more about Pathfinders for Autism' resource center, training, awareness campaigns, and free family recreational activities please visit our Mission and Programs section and check out our News and Events sections. - See more at:

<http://www.pathfindersforautism.org/>

HELP LINE at 443.330.5341 or 866.806.8400 toll-free

[info@pathfindersforautism.org](mailto:info@pathfindersforautism.org)

Walk-In Center / Office

443.330.5370

## Education/Resources

**Family Partnership of Frederick County** (8420 Gas House Pike, Ste. EE, Frederick, MD 21701)

Family Partnership is a Family Support Center which provides parents and their children nurturing support and assistance, and offers educational and career development opportunities and related services. Family Partnership also provides educational and employment related programs and activities for youth, 16-24, through a partnership with Frederick Community College, Frederick County Virtual School, and Frederick County Workforce Services.

301-600-2206

<http://www.frederickcountymd.gov/index.aspx?NID=55>

**Frederick County Head Start** (250 Madison Street Frederick, MD 21701) Beginning on May 1, 2012, the YMCA became the new grantee for the Federally funded Head Start program in Frederick County. The Head Start program provides comprehensive education, social, health, and nutrition services to eligible three and four-year-old children and their families in eight locations. Children participate in appropriate educational experiences, field trips, nutritional

meals, and health screenings. They also receive limited transportation services, referrals for disability and mental health issues, and school transition services. Family involvement in the program is encouraged and assistance is given in obtaining needed social services.

301-378-9140

<https://frederickymca.org/programs/education/head-start>

**Frederick County Public Schools**-Dept. of Special Education--Specially designed instructions, at no cost to the parents, to meet the unique needs of a child with a disability, including instruction conducted in the classroom, in the home, or in hospitals. Includes related services needed to complete the child's individualized program and can include speech/language pathology services, occupational therapy, physical therapy, career and technology education. Want to learn more about the Special Education process and all the rules and regulations?

Check out this link:

<http://www.fcps.org/academics/documents/SpecialEducationHandbook.pdf>

301-644-5281

<http://www.fcps.org/academics/special-education.cfm>

[www.fcps.org](http://www.fcps.org)

**FCPS Partners for Success** (191 Waverley Dr., Frederick, MD 21702) Partners for Success is a resource center that provides families, professionals, and the community with information, training, and support. The purpose of these centers is to provide the skills and knowledge that will enable families of children with disabilities, ages 3 to 21, and professionals to function as equal partners in the educational making process and to assist families in accessing services for their children. Services may include:

\*Special education resources

\*Assistance with the IEP

\*Consultation

\*Information about local and state parent organizations

\*Information and referral

\*Seminars and workshops

\*Lending Library

\*Newsletter

Website with tons of current information, go to [www.fcps.org](http://www.fcps.org), under **Academics** click on

**"Special Education"**, on the next screen, click **"Parent Resources"**, information can be found on the left side of the screen.

240-236-8744

[susan.donoghue-rick@fcps.org](mailto:susan.donoghue-rick@fcps.org)

[Partners.forsuccess@fcps.org](mailto:Partners.forsuccess@fcps.org)

**Special Education Citizens Advisory Committee (SECAC)** The Special Education Citizens Advisory Committee (SECAC) is part of a statewide network of advisory committees that are required by state and federal law. SECACs enable a local director of special education to seek meaningful input from parents, community partners, service providers, and school administrators on local issues relative to the provision of a free appropriate public education and the achievement of students with disabilities. The Frederick County SECAC meets monthly, September-May, to collaborate with and provide input to the Special Education Office.

Membership includes parents, community representatives, students and FCPS staff. Meetings are open to the public, and new membership is solicited each year. For more information contact the Director of Special Education at 301-644-5281.

<http://www.fcps.org/academics/Parent-Resources.cfm>

**The Maryland Department of Disabilities** (217 E. Redwood St., Suite 1300, Baltimore, MD 21202) The Maryland Department of Disabilities (MDOD) is charged with coordinating and improving the delivery of services to individuals with disabilities in the state of Maryland. MDOD focuses on independence and full community membership through its programs which address accessible housing, employment, transitioning youth, community living, technology assistance, barrier free living, and transportation.

TTY/Voice 1-800-637-4113

<http://mdod.maryland.gov/Pages/Home.aspx>

**Maryland Developmental Disabilities Council** (217 Redwood St., Suite 1300, Baltimore, MD 21202) The Maryland Developmental Disabilities Council's mission is to advance the inclusion of people with developmental disabilities in all facets of community life by eliminating barriers, creating opportunities, empowering people, and promoting innovation.

To accomplish our mission, the Council educates and informs policymakers about issues of importance to people with developmental disabilities and their families; advocates for policies, practices, laws and services that support people with developmental disabilities to exercise control over their lives, reach their full potential, and lead productive, meaningful lives, designs & funds initiatives that increase community inclusion, improve services and supports, and increase opportunities for people with developmental disabilities to pursue their hopes, dreams and aspirations; and much more. The Council works in partnership with people with developmental disabilities and their families, as well as other individuals and organizations, to bring about lasting change.

800-305-6441 410-767-3670 MD Relay 711

[www.md-council.org](http://www.md-council.org)

**National Alliance on Mental Illness** (NAMI) of Frederick County (4 East Church St. Frederick, MD 21701)—NAMI Frederick County is a non-profit, all volunteer organization that provides support and education to families confronted with the issues presented by mental illness. Family support groups lead by trained volunteers meet several times a month in locations throughout Frederick. Our leaders are all family members who are not only trained but have personal experience coping with the issues that confront families of mentally ill family members. There are also support groups for those who are dealing with a mental illness themselves. The groups are led by trained volunteers also dealing with mental illness. Discussions are supportive and provide insight into coping with treatment, interacting with family, caregivers and those within their social and work lives. NAMI also provides public educational lecture series presented by experts in the mental health field and the class, "Family-to-Family". Offered several times a

year, NAMI Family-to-Family is a free, 12-session educational program for family, significant others and friends of people living with mental illness.

240-379-6186

<http://newsite.namifcmd.org/home/index.php>  
[info@namifcmd.org](mailto:info@namifcmd.org)

**The Parents' Place of Maryland** (801 Cromwell Park Drive, Suite 103, Glen Burnie, MD 21061) Maryland's Special Education and Health Information Center. The Parents' Place provides information on special education rights, Individualized Education Program, access to health care, early childhood services, transitioning from school to adult services and many other related topics. Information is by telephone, face-to-face meetings, family workshops, or leadership training series.

410-768-9100 1-800-394-5694

[info@ppmd.org](mailto:info@ppmd.org)  
[www.ppmd.org](http://www.ppmd.org)

**Partners in Policymaking**-- The goal of Partners in Policymaking is to educate participants to be active partners with those who make policy and develop partnerships that are based on positive relationships. The Partners program is an e-learning site which gives Partners participants the opportunity to supplement their learning and increase their knowledge and understanding of best practices in the disability field, and learn how to communicate effectively with their elected officials. Five online courses are now available: Partners in Living, Partners in Time, Partners in Education, Making Your Case, and Partners in Employment. The Partners Online Training Courses have been converted to a Learning Management System (LMS), and are now available at [PartnersOnlineCourses.com](http://PartnersOnlineCourses.com).

<http://mn.gov/mnddc/pipm//online.html>

**Pathfinders for Autism**—(303 International Circle, Suite 110, Cockeysville, MD 21030)

Pathfinders for Autism is a parent sponsored, non-profit organization dedicated to improving the lives of individuals with autism and their families. Pathfinders provides information, resources, referrals, and training to families and professionals who serve individuals affected by autism. Website provides invaluable information, such as a detailed list of state-wide providers in a variety of categories.

<http://www.pathfindersforautism.org/>

HELP LINE at 443.330.5341 or 866.806.8400 toll-free

[info@pathfindersforautism.org](mailto:info@pathfindersforautism.org)

Walk-In Center / Office

443.330.5370

## Financial/Funding

### **The Arc of Frederick County** (620-A Research Drive, Frederick, MD 21703)

The Arc of Frederick County provides resources and training for parents of children with disabilities on Futures and Estate Planning, which helps parents plan for their child's needs and where they will live, when the parents are no longer around to help. The Arc also provides assistance in helping parents apply for LISS (Low Intensity Support Services) funding.

301-663-0909

[www.arcfc.org](http://www.arcfc.org)

**Catoctin Community Medical Fund** Any person residing in the Catoctin High School Feeder region who is in need of assistance because of a medical situation may apply for funding with one of the following agencies:

Seton Center—301-447-6102

Religious Coalition—301-631-2670

**Developmental Disabilities Administration (DDA)**: People with developmental disabilities have the right to direct their lives and services. The DDA partners with people with developmental disabilities to provide support and resources to live fulfilling lives. The DDA is the primary State agency that funds community-based services and supports for people with developmental disabilities. The DDA provides a coordinated service delivery system so that people receive appropriate services oriented toward the goal of full integration into their community. The DDA's community-based service delivery systems includes various home and community-based services and supports provided through either a Medicaid State Plan or Waiver program or via DDA State funded services. Services are obtained by contacting one of the regional offices of DDA. Individuals must apply for and be determined eligible for DDA services.

Telephone: (301)791-4670

Maryland Relay: 1-800-735-2258

TOLL FREE: 1-888-791-0193

Address: DDA - Western Maryland Regional Office, 1360 Marshall Street, Hagerstown, Maryland 21740

<http://dda.dhmf.maryland.gov/SitePages/Home.aspx>

**Friends of Man-** (P.O. Box 937, Littleton, CO 80160-0937) Friends of Man helps people of all ages with a large variety of needs: \*Mobility Equipment: (prostheses, wheelchairs, van lifts, and modifications, ramps, home modifications) \*Medical Equipment and Procedures \*Hearing Aids, \*Dentures, \*Glasses, \*Basic Needs: Clothing for Children, Food, \*Short-term Daycare, \*Prescriptions, \*Cobra/Health Insurance \*And More!! Referring Professionals (health care and social workers, clergy, counselors, etc.) submit applications on behalf of people in need of assistance. (Applications are accepted only from referring professionals.) Friends of Man carefully considers all requests, and if the application is approved, Friends of Man pays a vendor

for the needed items or services. Friends of Man also has a Children's Assistance Program where any teacher, school nurse, counselor, or principal can submit an application on behalf of a child who may need clothing, eyeglasses, medication, or another item of genuine need.

303-798-2342

<http://www.friendsofman.org>

**Health Grants-** The United Healthcare Children's Foundation (UHCCF) is a 501(c)(3) charitable organization that provides medical grants to help children gain access to health-related services not covered, or not fully covered, by their family's commercial health insurance plan. Families can receive up to \$5,000 annually per child (\$10,000 lifetime maximum per child), and do not need to have insurance through United Healthcare to be eligible. Qualifying families can receive the grants to help pay for medical services and equipment such as physical, occupational and speech therapies, counseling services, surgeries, prescription medications, wheelchairs, orthotics, eyeglasses and hearing aids.. To be eligible, children must be 16 or younger, and families must meet economic guidelines and already be covered by some type of commercial health insurance plan. To apply, visit:

[www.uhccf.org](http://www.uhccf.org)

**Healthwell Foundation-Pediatric Assistance Fund:** The HealthWell Foundation provides financial assistance to eligible individuals to cover coinsurance, copayments, health care premiums and deductibles for certain medications and therapies. In response to growing demand from families in need, we opened the HealthWell Pediatric Assistance Fund® to assist children 18 years old or younger living with a chronic or life-altering condition that their families are struggling to treat due to cost. Through this fund, we provide financial assistance to families so their children can start or continue critical medical treatments, regardless of disease type or condition.

1-800-675-8416

[www.HealthWellFoundation.org](http://www.HealthWellFoundation.org)

**Jill Fox Memorial Fund, Inc.**( 101 W. Mt Royal Avenue, Baltimore, Maryland 21201) The Jill Fox Memorial Fund provides grants to individuals with unmet medical and healthcare needs not paid for by medical insurance, government agencies, health associations, community organizations, public or personal resources. The Jill Fox Memorial Fund, Inc. accepts applications from degreed social workers or healthcare professionals (RN, Occupational, Speech or Physical Therapist, Physician, Case Manager, etc.) who advocate on behalf of their clients. Individuals may not submit applications on their own behalf.

410-369-9322

<http://www.jillfoxfund.org/>

[info@jillfoxfund.org](mailto:info@jillfoxfund.org)

**Low Intensity Support Services-**the Developmental Administration has contracted with licensed providers to provide Low Intensity Support Services (LISS), previously known as

Rolling Access. The Low Intensity Support Services (LISS) program grants eligible applicants up to \$2000 for identified services and items to support identified needs. The DDA distributes LISS funding twice during the fiscal year (July 1 - June 30), in two rounds. The provider for Frederick County is Penn-Mar Human Services (310 Old Freeland Rd., Freeland MD).

1-877-282-8202 410-357-0891

[www.penn-mar.org](http://www.penn-mar.org)

[DDA.LISS@maryland.gov](mailto:DDA.LISS@maryland.gov)

**Monocacy Foundation** (620B Research Court, Frederick MD 21703) Grants are awarded once a year to individuals with a developmental disability that are citizens of Frederick County Maryland. Priority is given to meet medical, educational, or recreational needs that are not provided for by other sources. Applications for a grant are normally due in October of each year.

301-663-8811

[http://www.communitylivinginc.org/cli\\_monocacy.html](http://www.communitylivinginc.org/cli_monocacy.html)

[marty@communitylivinginc.org](mailto:marty@communitylivinginc.org)

**Social Security and SSI** (Supplemental Security Income) Social Security Office (5340 Spectrum Drive, Suite N, Frederick, MD 21703) Supplemental Security Income (SSI) is a Federal income supplement program funded by general tax revenues (not Social Security taxes): It is designed to help aged, blind, and disabled people, who have little or no income; and It provides cash to meet basic needs for food, clothing, and shelter. Both children and adults can receive SSI but eligibility of children under 18 can be influenced by the parents income.

1-866-331-7089 or TTY 1-800-325-0778

<http://www.ssa.gov/ssi/>

## Housing & Supports

**The Arc of Frederick County** (620A Research Drive, Frederick, MD 21703)--"Real World" experiences support transitioning youth students and adults with preparing to live on their own. "Real World" experiences are unique and custom designed to meet the needs of each participant. For several days each month individuals live in an apartment to test their independent living skills. Participants accept a variety of skill challenges to assess their strengths and determine which supports they will need when they move out of their family home. "Real World" experiences assist people with: □ Home Management □ Budgeting and Paying Bills □ Menu Planning and Cooking □ Recreational Activities □ Transportation Skills □ Compatibility with Roommates □ Understanding the Importance of a Paycheck.

301-663-0909

[www.arcfc.org](http://www.arcfc.org)

**Community Living, Inc.** (620-B Research Drive, Frederick, MD 21703) Community Living's largest and oldest service is residential services - housing provided in "group homes" typically consisting of three individuals living together in a home with staff on duty 24 hours a day 365 day a year. Residents each have their own bedroom and participate in the maintenance of their home to the best of their ability. Well trained staff provide assistance as needed with personal care, grocery shopping and cooking, completing medical appointments, housekeeping and everything else to make each person feel at home. CLI strives to match people of similar skills and interests to maximize the potential of everyone in the house. CLI has nursing services to help ensure the health of each resident with an RN completing regular visits and completing nursing assessments. CLI strives to make each house feel like home in every way possible and we try to ensure every person has every opportunity to be a productive and involved member of his/her community.

301-663-8811

[www.communitylivinginc.org](http://www.communitylivinginc.org)

[info@communitylivinginc.org](mailto:info@communitylivinginc.org)

**Frederick County Citizens Services Division Department of Housing & Community**

**Development** (5340 Spectrum Drive, Suite A, Frederick, MD 21703) The mission of the Frederick County Department of Housing and Community Development (DHCD) is to assist in the provision of decent safe and sanitary affordable housing for Frederick County residents, with a focus on very low income households, senior citizens, persons with disabilities and special needs populations. The following programs are administered by the staff of DHCD: Rental Assistance Programs, Home Buyers Programs, Homeowners Repair Programs, Development Incentive Programs, and more.

301-600-1061

[www.FrederickCountyMD.gov/housing](http://www.FrederickCountyMD.gov/housing)

**The Freedom Center, Inc.** (14 W. Patrick St. Suite 10, Frederick, MD 21701) --The center provides services and supports to empower people with disabilities to lead self-directed, independent, and productive lives in a barrier-free community. The services provided are; Advocacy, Information and Referral, Peer Counseling, and Independent Living Skills Training. Besides providing services in the four core services, they also provide an array of independent living services to assist persons with disabilities to resolve issues surrounding housing, personal assistance services, transportation, education, accessibility and employment. Services are not limited to age or to specific disability.

301-846-7811

<http://thefreedomcenter-md.org/>

[advocate@thefreedomcenter-md.org](mailto:advocate@thefreedomcenter-md.org)

**Maryland Housing and Disability Services Resource Guide:** The purpose of this guide is to provide general information about organizations that provide services and/or housing resources to people with disabilities. The guide is meant to be an easy-to-use resource for directing

people with disabilities to possible resources or to help answer questions and concerns that may come up as a result of a particular situation with a consumer with disabilities seeking housing. The Resource Guide is divided into four parts: general information about programs that provide services to people with disabilities, general information about affordable housing resources, At-A-Glance Quick Reference Guides that contain program and funding information and a county-by-county directory of contact information for organizations that provide assistance to people with disabilities. The Guide intended to help people identify a starting point for accessing information, and therefore is not an exhaustive list of all possible services and resources that may be available to Maryland citizens with disabilities. There are many support groups, organizations and resources that may assist persons with disabilities far beyond those listed in this guidebook.

The Resource Guide is available on the internet at <http://resourcefinder.kennedykrieger.org>.

**Unified Community Connections:** (5736 Industry Lane Frederick, MD 21704-7228) Unified Community Connections' residential services provide barrier-free housing, personal care assistance, and life skills training for adults with disabilities in agency-owned or -leased single-family homes and apartments throughout Maryland. Each home is modified by Unified Community Connections to ensure handicapped accessibility in order to meet individual needs. Modifications may include the installation of wheelchair ramps, wider hallways and doorways, lower cabinets and countertops, roll-in showers, etc. Our residential services and supports are provided 24 hours a day, 7 days a week, 365 days a year. Contact us for more information.

301-663-8700      800-826-6501

[www.uc2.org](http://www.uc2.org)

**Way Station, Inc.** (230 W. Patrick St., Frederick, MD 21705) Mission is to promote the health, community integration, and achievement of purposeful goals of children, adolescent, adults, and families by providing behavioral health and employment services. Housing units and rehabilitation services dedicated to residents with serious mental illness which includes housing for transition age youth (ages 18-21) which is designed to teach independent living skills in a supportive environment.

301-662-0099

[www.waystationinc.org](http://www.waystationinc.org)

### **Independent Housing:**

**Homeownership for Individuals with Disabilities Program-**

<http://www.dhcd.state.md.us/Website/programs/hidp/Default.aspx>

## Job Training and Supports

**Division of Rehabilitation Services (DORS)** (1890 N. Market Street, Suite 300, Frederick, MD 21701) DORS helps people with physical, emotional, intellectual, developmental, sensory and learning disabilities go to work and keep their jobs by providing services such as career assessment and counseling, assistive technology, job training, higher education and job placement. DORS will assign a counselor who will talk with you about DORS services and find out if you are eligible for these services. Many DORS counselors are specially trained to work with specific groups like high school students or individuals who are deaf/hard-of-hearing, blind or have persistent mental illness. Individuals need to schedule an interview with a DORS representative to open a case, for students with an Individualized Educational Program this should be done for the students IEP meeting when they turn 14 years old. DORS can write up an employment plan with the individual, which may include job training, education, job seeking, transportation, etc.

301-600-3075

<http://dors.maryland.gov/>

[Frederick.dors@maryland.gov](mailto:Frederick.dors@maryland.gov)

**Frederick County Workforce Services:** (5340 Spectrum Drive, Suite A, Frederick, MD 21703) As one of the nation's One-Stop Career Centers, Frederick County Workforce Services (FCWS) links businesses in need of qualified employees with individuals seeking employment opportunities. FCWS offers many services especially for youth! Are you between the ages of 16 and 21? Are you interested in getting a job, but not sure about your career path? Are you ready to take the next step to complete your education? Learn more about resources available to help you achieve your goals!

<http://www.frederickworks.com/>

301-600-2255

**Goodwill Youth Programs:** (400 East Church Street, Frederick, MD) The goal of Goodwill's Opportunity for Success Program is to connect youth with career exploration opportunities through internships, volunteering, and employment experiences. Goodwill's core service is to prepare youth and adults for work and to link individuals with community resources to further their ability to increase their future earnings. Goodwill's strength is its intensive employment counseling services which ensure that each individual's barriers to employment are explored and an appropriate plan is developed to move to employment in an area of interest and ability. Goodwill has a Business Developer that works directly with the business community to customize jobs for people with disabilities and overcome barriers to employment. Goodwill has strong partnerships with other community organizations that are used to link individuals to appropriate community resources. Goodwill's youth program targets students with disabilities attending Frederick city high schools in underserved areas. Youth in the program have intellectual and/or developmental disabilities. As a result, they may have focus issues, processing issues and a lack

of writing skills. The students demonstrate difficulties understanding how to navigate public transportation; being on time; understanding customers and co-workers; and filling out job applications. Many have trouble comprehending lecture driven instruction and will need to work in small groups for job readiness training to include individualized attention for some tasks.  
301-662-0622

<http://www.gimv.org/>

**Unified Community Connections:** (Executive Plaza III, Suite 1100, 11350 McCormick Road Hunt Valley, MD 21031) Supported Employment Services--Supported Employment Services find gainful employment for Maryland adults with disabilities. At Unified Community Connections, we believe that locating and maintaining gainful employment is a vital step to achieving independence. We are committed to helping people choose, find and keep jobs they like by uniting people with occupations that fit their individual personalities and skills. Our Supported Employment services are available to provide assistance with job selection, interviewing, training, and maintaining both paid and volunteer positions within the community.

[www.uc2.org](http://www.uc2.org)

410-484-4540 MD Relay: 711

[info@unified.org](mailto:info@unified.org)

## Legal Services (Advocacy)

**Legal Aid Bureau** (22 S. Market St. Suite 11, Frederick, MD 21701) Maryland Legal Aid is a private, non-profit law firm providing free legal services to low-income people statewide. Our firm handles civil (not criminal) cases, involving a wide range of issues, including custody, housing, public benefits, and consumer law. Many of our local offices represent children in CINA (Child in Need of Assistance) proceedings. Other vulnerable populations, such as senior citizens, migrant and seasonal farm workers, and nursing home and assisted living residents, also receive specialized representation. We provide a variety of services including representation before federal and state trial and appellate courts, brief advice and counsel, and referrals to other sources of assistance. Maryland Legal Aid's mission is to provide high quality legal services to the State's poor through a mix of services and to bring about the changes poor people want in the systems that affect them.

301-694-7414 800-679-8813

<http://www.mdlab.org/>

**Maryland Disability Law Center, Inc.** (MDLC) (1500 Union Avenue, Suite 2000, Baltimore, MD 21211) MDLC envisions a world where people with disabilities are fully included in the workplace, neighborhoods, and all aspects of community life. To move us toward this vision, we focus our advocacy toward: \*Access to education, housing, health care, and more, \*Freedom from abuse and neglect and unnecessary institutionalization, \*Public awareness about people

with disabilities and the issues that matter to them. MDLC provides free legal services to Marylanders with disabilities on matters that are related to their disability and fall within the advocacy service areas. Service areas include education, assistive technology, children's mental health and developmental disabilities.

410-727-6352 800-233-7201

<http://www.mdlclaw.org/>

**Maryland Volunteer Lawyers Service (MVLS)** (201 North Charles Street, Suite 1400 Baltimore, MD 21201) VLS is a private, non-profit legal services provider established in 1981 to help meet the need for civil legal services in Maryland. Our mission is to provide quality civil legal assistance to Marylanders with limited income at low or no cost.

410-547-6537 800-510-0050

<http://www.mvlslaw.org/>

[info@mvlslaw.org](mailto:info@mvlslaw.org)

**Pro Bono Resource Center of Maryland** (520 West Fayette Street, Baltimore, MD 21201) - The Pro Bono Resource Center of Maryland, Inc., (PBRC) is the statewide coordinator of volunteer legal services. Our mission is to promote equal access to justice in Maryland by coordinating and supporting volunteer civil legal services, providing resources and support for legal advocates for the poor and promoting cooperation within the legal community. Pro Bono Resource Center of Maryland is the statewide coordinator of volunteer legal services in a wide range of areas, such as housing, family law, education, disability, and many more.

410-837-9379 800-396-1274

<http://www.probonomd.org/>

## **Educational Advocates**

**The Arc of Frederick County**—(620A Research Drive, Frederick, MD 21703 ) Educational Advocacy Services for children receiving special education services could include:

\*Observations, \*Problem Solving, \*Support navigating Special Education Services, \*IEP (Individual Education Plan) Advocacy, \*Facilitating communication between parents, teachers and school administrators, \*Community Presentations on IEP processes, \*Collaborating with school personnel to develop programs and trainings for parents and staff.

301-663-0909

[www.arfc.org](http://www.arfc.org)

**"ASK" Advocacy Support Knowledge**-- Shawna Capotosto, Parent Advocate. I support parents through the IEP and 504 process to help them feel more confident and make sure their perspective is heard.

301-695-3676

[johnandshawna4@comcast.net](mailto:johnandshawna4@comcast.net)

**Carol Custer, LLC. Educational Advocacy**--No matter what your child's disability: ADHD, executive functioning, autism, Asperger's, specific learning disability, speech/language impairment, or PDD-NOS, Carol Custer can help you obtain the services your child needs to be successful in school. Carol can review your child's teacher reports and informal assessments and attend meetings with you as an advocate for your child. She will help you navigate the system and receive appropriate services for your child. As a former public and private school special educator, she routinely completed formal assessments and is familiar with the requirements of IDEA and NCLB. Carol has a bachelor's degree in special education from Hood College and taught as a public and private special education teacher for over ten years. She has taken many additional classes in effective teaching methods for various special needs populations, including students with autism and Asperger's Syndrome.

301-788-6198

<http://www.custerllc.com/educational-advocacy>

**The Freedom Center, Inc.** (14 W. Patrick St. Suite 10, Frederick, MD 21701)--The Freedom Center provides advocacy in the areas of housing, transportation, civil and human rights, **education**, employment, and other life situations. Self-advocacy is action taken on one's own behalf to protect or improve the individual's life circumstances. Individual advocacy is assistance given to a person which is intended to improve both the person's life circumstances and the person's self-advocacy skills. Systems Advocacy is activity which has the effect of altering laws, regulations, or practices that impact large numbers of people.

301-846-7811

<http://thefreedomcenter-md.org/advocate@thefreedomcenter-md.org>

## **Medical**

### **Assessments**

**Frederick County Developmental Center** (350 Montevue Lane, Frederick, MD 21702) **Infants and Toddlers Program**- To provide early intervention services that support young children with developmental needs and their families. Frederick County Infants and Toddlers Program assessments and services are provided at no cost to families regardless of income. Services are provided in the child's natural environment such as the child's home, child care or preschool. Services for a child and family may include the following and are provided in the context of the child's naturally occurring routines using a coaching model with caregivers:

Team Assessment

Service Coordination

Audiology Occupational and /or Physical Therapy

Psychological Services

Social work services

Speech language therapy

Special Instruction

<http://health.frederickcountymd.gov/269/Infants-Toddlers-Program>

301-600-1611

**Kennedy Krieger Institute** (707 N. Broadway, Baltimore, MD 21205) At Kennedy Krieger, there is no shortage of clinical programs to meet the specialized needs of children and adolescents with developmental disabilities. More than 35 different outpatient clinics, three inpatient units, several home and community programs and clinical laboratories all address the specific conditions of children with a wide range of disorders. Kennedy Krieger provides diagnostic services, inpatient and day treatment services, outpatient services, home and community services, and school programs.

[www.kennedykrieger.org](http://www.kennedykrieger.org)

443 923-9200    800-873-3377    Referral Line: 888-554-2080

### Care-Services

**Children's Medical Services (CMS)** Program— Children's Medical Services, also called CMS, is a program of the Maryland Department of Health and Mental Hygiene. CMS can help low-income, uninsured or underinsured Marylanders ages 0-21 years get specialty care for a chronic illness or disability by paying for needed services. CMS can pay for many different kinds of services, such as visits to a specialist, hospitalizations, surgeries, medications, therapies, lab work, x-rays, and medical equipment. CMS does not cover routine check-ups or immunizations, sick visits, emergency services, routine dental care, or mental health services. 410-767-5588 or 1-800-638-8864

<http://phpa.dhmh.maryland.gov/genetics>

**Early and Periodic Screening, Diagnosis and Treatment (EPSDT)** -- The Early Periodic Screening, Diagnosis, and Treatment (EPSDT) Program is the child health component of Medicaid. It's required in every state and is designed to improve the health of low-income children, by financing appropriate and necessary pediatric services. EPSDT is designed to address physical, mental, and developmental health needs. Screening services "to detect physical and mental conditions" must be covered at periodic intervals, as well as diagnostic and treatment coverage.

410-767-1489

<http://www.hrsa.gov/epsdt/>

**Frederick Community Action Agency: Medical and Health Care Programs** (100 South Market St., Frederick MD 21701)

- Access to Care Program: Funded in part by the Maryland Community Health Resources Commission, the Access to Care (ATC) Program provides primary health care services for adults and children who are uninsured, ineligible for other health care programs, and have

a total household income at or below 200% of the federal poverty level (FPL), as adjusted for the size of the family.

- **Medbank Program**-The Medbank Program helps low-to-moderate-income uninsured and underinsured people obtain free or low-cost prescription medications offered through patient assistance programs operated by pharmaceutical manufacturing companies. Chris Bard, Medbank Case Manager- (301) 600-3972
- **Medical Assistance Provider**: The FCAA is a participating provider in the Maryland Medical Assistance (Medicaid) Program and is currently accepting both adult and pediatric patients that have active Medical Assistance and have enrolled with Maryland Physicians Care MCO or Priority Partners MCO. The FCAA also accepts patients with Unrestricted Medical Assistance.

<http://md-frederick.civicplus.com/index.aspx?nid=186>

**Religious Coalition** (27 Degrange St., Frederick, MD 21701) **Healthcare and Dental**

**Assistance**--Care is arranged through a network of healthcare providers such as physicians, dentists and pharmacists for those without healthcare. When people cannot afford medical care or medications, their conditions worsen and additional medical care is required. Many families are forced to choose between feeding the whole family and buying medicine for one person. The Coalition also makes referrals to other agencies and services.

301-631-2670

[www.thereligiouscoalition.org](http://www.thereligiouscoalition.org)

**Frederick Memorial Home Health** --Provides in-home skilled nursing, Occupational and Physical Therapy, Speech Therapy, and much more for adults and pediatric patients.

<http://www.fmh.org/>

240-566-3222

**Maryland Children's Health Program** (MCHP) --The Maryland Children's Health Program (MCHP) gives full health benefits for children up to age 19. MCHP enrollees obtain care from a variety of Managed Care Organizations (MCOs) through the Maryland HealthChoice Program. MCHP uses federal and state funds to provide health care coverage to low-income children. Those eligible for MCHP are children under age 19, who are not eligible for Medicaid, whose modified adjust gross income is at or below 300% of the federal poverty level (FPL); and who are uninsured. Benefits for children include: \*Doctor Visits (well and sick care) \*Hospital Care \*Lab Work and Tests \*Dental Care \*Vision Care \*Immunizations (shots) \*Prescription Medicines \*Transportation to Medical Appointments \*Mental Health Services \*Substance Abuse Treatment. You can apply for MCHP through Maryland Health Connection. You can also call 1-855-MHC-8572 (1-855-642-8572) to apply over the phone. You can also visit your Local Health Department, Local Department of Social Services, or Connector Entity to get help with applying for coverage. Gives full health benefits for children up to age 19 and pregnant women of any age who meet the income, citizenship, & residency guidelines.

1-800-456-8900 or 301-600-8888

<https://mmcp.dhmfh.maryland.gov/chp/sitepages/home.aspx>

**Primary Health and Dental Care plus Prescription Medications**-Mission of Mercy (22 South Market St., Suite 6D, Frederick, MD 21701) Mission of Mercy (MOM) provides free healthcare, free dental care and free prescription medications to the uninsured, underinsured and those who "fall through the cracks" of our healthcare system. Free basic, primary healthcare, dental care and free prescription medications, delivered at various mobile sites with licensed volunteer doctors, nurses, dentists, and other non-medical volunteers. Clinic sites are in Frederick City, Brunswick, Taneytown and Gettysburg.

301-682-5683

[www.amissionofmercy.org](http://www.amissionofmercy.org)

**Specialized Health Need Interagency Collaboration** (1750 East Fairmount Ave., Baltimore, MD 21231) The Specialized Health Needs Interagency Collaboration project (SHNIC) is a partnership between the Kennedy Krieger Institute, other local hospitals, and the Maryland State Department of Education. The primary goal is to provide community education that facilitates the inclusion of students with specialized health needs into the community. Through on-site training and technical assistance offered at no cost, the skills are taught to safely and effectively manage the needs of children and adolescents with specialized health needs and to help those children integrate into their schools and communities.

443-923-4555

<http://www.kennedykrieger.org/community/community-programs/specialized-health-needs-interagency-collaboration>

## Dental

**Frederick County Developmental Center Dental Clinic** (350 Montevue Lane, Frederick, MD 21702) The clinic provides pediatric services only for patients under the age of 18. Services provided include complete examinations, cleanings, x-rays, fluoride treatment, fillings, extractions, sealants, oral hygiene education, and more. They accept all Medical Assistance cards and for patients without insurance, fees will be determined by income and family size.

301-600-1041

<http://health.frederickcountymd.gov/264/Dental-Clinic>

**Mission of Mercy** (22 South Market St., Suite 6D, Frederick, MD 21701) Free basic, primary healthcare and dental care at one of the four clinics; Frederick, Taneytown, Brunswick and Gettysburg. Our dental clinic is a walk-in, first-come first-served dental clinic. Appointments are not taken over the phone. Procedures performed are primarily extractions and fillings (no wisdom teeth).

301-682-5683

[www.amissionofmercy.org](http://www.amissionofmercy.org)

**Religious Coalition** (27 DeGrange St., Frederick, MD 21701) **Healthcare and Dental Assistance**--Care is arranged through a network of healthcare providers such as physicians, dentists and pharmacists for those without healthcare. The Coalition also makes referrals to other agencies and services.

301-631-2670

[www.thereligiouscoalition.org](http://www.thereligiouscoalition.org)

## Medical Equipment

**BP Gamma Medical Systems, Inc.** (7118 Geoffrey Way, Suite P, Frederick MD 21704)

<http://BPGamma.com/>

1-800-624-4134

**Numotion** (2700 Lord Baltimore Drive, Baltimore, MD 21244)

<http://www.numotion.com/>

410-298-4555 or 800-777-6981

**Roberts Home Medical, Inc.** (920 N. East Street, Frederick, MD 21701)

<http://www.robertshomemedical.com/index.htm>

240-629-8238

## Loan Closets

**Federated Charities** (22 South Market St., Frederick, MD 21701) Medical equipment is often purchased in the event of an accident or an illness when it may only be needed on a temporary basis. Federated Charities' Medical Equipment Loan Closet makes such purchases or rentals unnecessary by providing a variety of home health care-related equipment free of charge. Federated Charities' Medical Equipment Loan Closet works much like a library. The equipment is loaned free of any fee for a maximum of 60 days. Use of the Medical Equipment Loan Closet is open to any Frederick County resident, regardless of income. Our inventory of equipment includes:

- Wheelchairs
- Shower chairs and benches
- Walkers with and without wheels
- Regular and quad canes
- Bedside commodes
- Crutches
- Reachers
- Various additional items

Please call Federated Charities at 301-662-1561 to participate in this program.

<http://www.federatedcharities.org/>

## Mental Health

**Mental Health Association of Frederick County** (MHA)(226 South Jefferson St. Frederick, MD 21701) MHA of Frederick County has a mission to build a strong foundation of emotional wellness by education, empowering and advocating for children, adults, and families through a wide array of services. MHA is always available, accessible and responsive to the changing needs of the community and provides referrals, resources, intervention and education for children, individuals, and families.

301-663-0011 In crisis: 301-662-2255

[mha@fcmha.org](mailto:mha@fcmha.org)

[www.fcmha.org](http://www.fcmha.org)

**National Alliance on Mental Illness** (NAMI) of Frederick County (4 East Church St., Frederick, MD 21701) NAMI is a grassroots organization dedicated to improving the lives of those with mental illness (including ADHD) and their families through education, support, and advocacy. Activities include: \*NAMI Connection, a peer-led support group for adults living with mental illness, \*Family and Friends Support Groups are support groups for families and friends of persons living with mental illness, \*Family-to-Family Class is a twelve-week course about the experience and impact of mental illness on families and friends of those affected, \*Education Classes are free and open to the public, on issues related to mental illness.

240-379-6186

[www.namifcmd.org](http://www.namifcmd.org)

[info@namifcmd.org](mailto:info@namifcmd.org)

**The Pro Bono Counseling Project** The Pro Bono Counseling Project is a non-profit organization that was formed to provide free mental health care to individuals, families and couples who cannot receive care from any other source. Free Therapy in Maryland may be available if you are sad, grieving, stressed or want to make a change in your life. The Pro Bono Counseling Project assists families, couples and individuals.

Call us at 410-825-1001 or 877-323-5800 for a confidential phone interview.

[www.probonocounseling.org](http://www.probonocounseling.org)

**Way Station, Inc.** (230 West Patrick St., P.O. Box 3826, Frederick, MD 21705) The Way Station is a mental health organization providing rehabilitation services and treatment services for children, adolescents, and adults. They serve children and adolescents with emotional and behavioral difficulties, with overnight and hourly facility-based respite (Camp Journey), family preservation services, multi-systemic therapy, and in home services.

301-662-0099

[www.waystationinc.org](http://www.waystationinc.org)

## Mental Health Therapists

**The Guide to Mental Health and Community Support Services** lists hundreds of local health and human service related resources in Frederick, Washington, and Carroll Counties. This is one of the most comprehensive referral tool lists of licensed mental health professionals, behavioral health facilities, group practices, extensive community support and emergency services, and a general services section in Spanish. This guide is produced by the Mental Health Association of Frederick County and is updated yearly. To access this guide online go to [www.fcmha.org](http://www.fcmha.org). One complimentary copy per person can be picked up at the Mental Health Association of Frederick County office at 263 West Patrick Street in Frederick from 8:30 a.m. - 4:30 p.m. Monday - Friday. For larger quantities or to arrange for a guide to be mailed please contact Virginia Horner at 301-663-0011 ext. 150.

### Private Therapy-Physical, Occupational, & Speech

These are some of the local practices; their listing does not imply any kind of endorsement.

**Amber Hill Physical Therapy** (187 Thomas Johnson Drive, Suite 6, plus locations in Damascus, Jefferson, Thurmont, and Urbana)

301-663-1157

[www.amberhillpt.com](http://www.amberhillpt.com)

[ahpt@amberhillpt.com](mailto:ahpt@amberhillpt.com)

**Body Benders-** (P.O. Box 345, New Market, MD 21774)

301-807-9955

[www.bodybenders.com](http://www.bodybenders.com)

[pt@bodybenders.com](mailto:pt@bodybenders.com)

**Frederick Memorial Healthcare System**-Pediatric Rehabilitation Services (FMH Rose Hill Clinic, 1562 Opossumtown Pike, Frederick, MD 21702, plus a location in Mt. Airy and Crestwood))

240-566-3132

[www.fmh.org/PediatricRehab](http://www.fmh.org/PediatricRehab)

**Mid-Maryland Musculoskeletal Institute & Pediatric Orthopedics**-(MMI) (184 Thomas Johnson Drive, Suite 104, Frederick, MD 21702)-Frederick Kids-Only Therapy

301-694-8311, ext. 1145

[www.mmidocs.com](http://www.mmidocs.com)

**Way to Grow**-Developmental Pediatric Occupational, and Speech Therapy (9093 Ridgefield Drive, Suite 102, Frederick, MD 21701)

301-846-4769

[www.way2grow.com](http://www.way2grow.com)

[info@way2grow.com](mailto:info@way2grow.com)

## Respite

**The Arc of Frederick County** (620-A Research Drive, Frederick, MD 21703) Parents' Day Out—Parents' Day Out provides a few hours of respite each month to parents and guardians of children with developmental disabilities, offered free of charge the third Saturday of every month from 10am to 2pm. Siblings are welcomed and pre-registration is required.

301-663-0909

[www.arcfc.org](http://www.arcfc.org)

**Camp Journey**-Way Station (10304 Putman Road, Frederick, MD 21702) Camp Journey Adolescent Respite Program serves families with adolescents who are currently active in therapy to deal with emotional and behavioral challenges. Adolescents from the ages of 11-17 can have regularly scheduled visits of a few hours a week, a day or two a week, or a couple of weekends a month.

301-682-3446 or 1-888-878-5066 x6149

[www.waystationinc.org](http://www.waystationinc.org)

**Connect and Learn** (5100 Buckeystown Pike, Suite 285, Frederick, MD 21704) Connect and Learn provides support services to children, teens, and young adults diagnosed with Developmental Disorders. An approved Maryland Autism Waiver Service Provider offering Family Training, Individualized Intensive Support Services (IISS) and Respite. These services are also available at an hourly rate to clients with private or alternate funding. Respite care staff will provide supervision, support, and companionship to the client throughout their everyday activities in both the home and the community.

301-694-6422

[www.connectandlearn.net](http://www.connectandlearn.net)

**Daybreak Community Church Rooftop Respite** (Frederick, MD) Rooftop Respite is a relief care program designed for children with disabilities or medical concerns, as well as their siblings, where parents can drop their children off for a free day of activity. This program is offered on a quarterly basis, pre-registration is required.

[www.daybreak-church.com](http://www.daybreak-church.com)

[office@daybreak-church.com](mailto:office@daybreak-church.com)

**Frederick County Developmental Center** (350 Montevue Lane, Frederick, MD 21702) The mission of the Respite Care Program is to provide funding of respite services for children with special health care needs and their families. Through a grant from the Office of Genetics and Children with Special Healthcare Needs of the Department of Health and Mental Hygiene, a limited amount of mini-grant funding is available periodically to defray the cost of respite services. Respite care is consistently identified by families as a key need for coping with the challenges of raising a child with special healthcare needs.

Please bookmark this site and revisit frequently for updates on available funding.

<http://health.frederickcountymd.gov/270/Respite>

## Recreation - Year Round

Every Spring the Partners for Success office publishes a listing of Summer recreational activities for children with special needs. Most of the agencies listed in this brochure operate year round. Below is the link to take you directly to the brochure:

<http://www.fcps.org/academics/documents/partnersforsuccesssummerfun.pdf>

**Fabulous Friday Social Club**—The Fabulous Friday Social Club is sponsored by Our Dream Pursuits, Inc. The purpose of the club is to provide social activities for adults with intellectual disabilities ages 16 and older. The group will meet the first Friday of each month with different activities being planned each month. An annual membership fee of \$12.00 will be donated to Our Dream Pursuits, Inc. Members will be involved in the planning of activities each year. For more information contact Bev Shaffer at 717-655-5608 or [shaffer4952@yahoo.com](mailto:shaffer4952@yahoo.com).

## Support Groups/Information

**The Arc of Frederick County** (620-A Research Drive, Frederick, MD 21703) Support Coordinators from The Arc of Frederick County work to build a helpful community to better serve people with developmental disabilities and their family members. Support Coordinators assist people individually, in addition to organizing formal support groups to meet the needs of Frederick County. To help parents who are looking to connect with other families and learn about services, The Arc offers a monthly Parent Support Group that meets over lunch. For families who speak Spanish, a monthly support group is coordinated through The Arc's Hispanic Outreach services. A monthly Transitioning Youth Support Group meets to assist students and families with making important connections and meeting deadlines that are crucial during the transition from school to work, college, and the adult world. Additional resources that are available to Frederick families include a monthly Parents' Day Out program, Sibling Workshops, and individual assistance in establishing Futures and Estate Plans. New members are welcome to groups and individual assistance can be scheduled. To get connected to a specific service, please contact a Support Coordinator at (301) 663-0909:

[http://arcfc.org/what\\_we\\_do/groups.html](http://arcfc.org/what_we_do/groups.html)

**A Time to S.H.A.R.E.** (Support, Help And Really Encourage)—A support group for parents of children with special needs that is sponsored by the FCPS Partners for Success office, FCDC Infants and Toddlers Program, and the Frederick YMCA. This is an opportunity for parents of children with special needs to gather in an informal setting to both receive and give support and to network with other parents who face similar parenting challenges. Meetings are normally held at the Frederick YMCA the third Thursday of each month during the school year. Free child care for a limited amount of children, must pre-register with Kelly Presnell at

[kpresnell@frederickymca.org](mailto:kpresnell@frederickymca.org) the week before the meeting.

240-236-8744

[Susan.donoghue-rick@fcps.org](mailto:Susan.donoghue-rick@fcps.org)

**Autism Society of America-Frederick County**--Support group for families of children with autism that meets monthly at The Arc of Frederick County at 620A Research Drive, Frederick, MD 21703.

301-746-8080

[info@asafrederickmd.org](mailto:info@asafrederickmd.org)

[www.asafrederickmd.org](http://www.asafrederickmd.org)

**Compassionate Friends of Frederick County** (Trinity Methodist Church, 705 W Patrick St, Frederick, MD 21701)--Provides monthly support group for bereaved families, parents, siblings, and friends who can work through their grief with the help of others who have lost a loved one. Meeting Info: 1st Wednesday of each month 7:30 pm

Kim (301) 305-6378

[www.tcffrederickmd.com](http://www.tcffrederickmd.com)

[tcffrederick@gmail.com](mailto:tcffrederick@gmail.com)

**The Frederick County Commission on Disabilities** -- The Commission was created in 1994 to advise the Frederick County Commissioners and now advises the County Executive on matters regarding compliance with the Americans with Disabilities Act (ADA) and related legislation. The Commission's mission is as follows: \*To conduct and participate in meetings for the purpose of raising the level of "Disability Awareness" among people with disabilities and the general public. \*To facilitate the utilization of all resources available to people with disabilities. \*To identify barriers to programs and services available to people with disabilities and to recommend the means of overcoming these barriers. \*To make recommendations to the County Executive regarding existing and proposed legislation pertaining to people with disabilities. \*To review programs and services for people with disabilities and to identify their needs and gaps in service.

The Frederick County Commission on Disabilities meets on the 2nd Monday of the month at 6 p.m. at Winchester Hall, 12 E. Church St., Frederick, MD. Meetings are open to the public. The Commission does not meet in August and December.

301-600-1663

TTY: Use Maryland Relay

<http://www.frederickcountymd.gov/3440/Commission-on-Disabilities>

**Frederick F.R.I.E.N.D.S.** (Family Resource Information and Education Network for Down Syndrome) (P.O. Box 641, Middletown, MD 21769)--A support and resource group for expectant and new parents and extended families of children with Down syndrome. Provides age-appropriate activities for children, advocates for community awareness, has regular meetings with professional speakers, and meets informally to share the joys and challenges of parenting. Monthly meetings are held on the second Friday of every month at 7:00pm at the Middletown United Methodist Church (MUMC) off Alt. 40 going west out of Frederick, 7108 Fern Court, Middletown, MD.

[www.friendsofredco.org](http://www.friendsofredco.org)

**Maryland Coalition for Inclusive Education** (7484 Candlewood Road, Suite R. Hanover, MD 21076) The Maryland Coalition for Inclusive Education Inc. (MCIE) is a statewide nonprofit organization dedicated to the inclusion of students with disabilities in their neighborhood schools. MCIE provides a variety of services to families and schools for meaningful and successful participation of all students in their neighborhood schools, through partnerships, advocacy, professional development, and public education.

410-859-5400 or 1-800-899-8837

<http://www.mcie.org/>

[mcie@mcie.org](mailto:mcie@mcie.org)

**MyAutismTeam**--MyAutismTeam is a social network and online support group for parents who have children with autism. MyAutismTeam offers an easy way to find the best team of autism providers and network of other parents who have children with autism. Share with others like you, and learn from their experience.

[www.myautismteam.com](http://www.myautismteam.com)

**National Alliance on Mental Illness** (NAMI) of Frederick County (4 East Church Street Frederick, MD 21701)—NAMI Frederick County is a non-profit, all volunteer organization that provides support and education to families confronted with the issues presented by mental illness. Family support groups lead by trained volunteers meet several times a month in locations throughout Frederick. Leaders are all family members who are not only trained but have personal experience coping with the issues that confront families of mentally ill family members. NAMI also provides public educational meetings presented by experts in the mental health field, and other educational support and advocacy for persons with mental illness (including ADHD), their families, and friends. Offered several times a year by NAMI Frederick, NAMI Family-to-Family is a free, 12-session educational program for family, significant others and friends of people living with mental illness. Research shows that the program significantly improves the coping and problem-solving abilities of the people closest to an individual living with a mental health condition. NAMI Family-to-Family is taught by NAMI-trained family members who have been there and can help facilitate a better understanding of mental illness, increase coping skills and empower you to become advocates for your family member.

240-379-6186

[info@namifcmd.org](mailto:info@namifcmd.org)

[www.namifcmd.org](http://www.namifcmd.org)

**On the Mark Adolescent Clubhouse** -Frederick County Health Department (Frederick Health Department, 350 Montevue Lane, Frederick MD 21702)--For all youths 12-17 years of age living in Frederick County. Come join us for homework assistance, arts & crafts, group discussions, life skills, recreational activities, laser tag, bowling, college and sporting events and much more! Our Vision is for adolescents of Frederick County to utilize the Clubhouse as a starting point or continuing care link for peers supporting 1 another through the process of

recovery. Monday-Friday 3:30-7pm and Saturday 11am-5pm For more information about On the Mark, please contact:

Jeffrey Thompson at 301- 600-4804 or Kemerly Wilson 301-600-1122

[kwilson@frederickcountymd.gov](mailto:kwilson@frederickcountymd.gov)

<http://www.frederickcountymd.gov/health>

[www.facebook.com/OntheMarkClubhouse](http://www.facebook.com/OntheMarkClubhouse)

## Support Services

**Abilities Network of Frederick County** (8503 LaSalle Road, Towson, Maryland, 21286)

Assists children with developmental disabilities to achieve their personal goals and integration into the community. Services are customized to each individual and family and include information and referral to appropriate programs, assistance with application to services, independent living skills, and job readiness training.

1-800-492-2523

[www.abilitiesnetwork.org](http://www.abilitiesnetwork.org)

**Arc of Frederick County** (620-A Research Drive, Frederick, MD 21703) The Arc of Frederick County assists persons with developmental disabilities and their families to obtain the services they need and want in order to become as independent as possible and to enjoy quality of life within our community. Support Coordinators from The Arc provide professional, clinical assistance to help children and adults with developmental disabilities by building networks of supports so they can safely and successfully live, work, go to school and be meaningfully included in their communities. The Arc is the only resource in Frederick County that serves individuals with developmental disabilities throughout their entire lifespan. For example, families are often referred to The Arc when they first learn that their child has a developmental disability. Support Coordinators can then partner with that family to assist them with navigating various services, including promoting inclusion in the classroom, participating in after-school and recreational programs, and transitioning from public education to the adult world.

301-663-0909

[info@arcfc.org](mailto:info@arcfc.org)

[www.arcfc.org](http://www.arcfc.org)

**Community Agency School Services** (CASS)-A program of Frederick County Public Schools— Connects at risk middle school students and their families to resources within the community in order to achieve family well-being and to promote school success. Parents of middle school students wishing to connect with CASS may reach the CASS Worker at the number listed for their school on the link below:

<http://www.fcps.org/academics/community-agency-school-services-programs.cfm>

**Family Partnership of Frederick County** (8420 Gas House Pike, Ste. EE, Frederick, MD 21701)-

-Family Partnership, with community support, empowers individuals and families of diverse backgrounds to be stable and self-reliant by building on their strengths and skills.

There is an array of services at Family Partnership. At the heart of the Family Support Center philosophy is the idea of service coordination, interdisciplinary teamwork and viewing families as a total unit. To that end, Family Partnership provides the following core services:

Child Development Services, Health Education, Home Visitation, Parent Education, Peer Support, Self-Sufficiency, Service Coordination, Youth Services.

301-600-2206

<https://frederickcountymd.gov/776/Family-Partnership-Services>

**Family Service Foundation** (306 Delaware Rd, Frederick, MD 21701) Family Service Foundation (FSF) is a nonprofit human service organization dedicated to meeting the mental health and social support needs of people across Maryland. We provide mental health services, substance abuse counseling; community residential programs for those with developmental disabilities and/or severe mental illness; and day habilitation. FSF specializes in serving deaf and deaf-blind individuals with developmental disabilities or mental health concerns. Full-time interpreters fluent in American Sign Language are available at all locations. Headquartered in Landover Hills, Maryland, in Prince George's County, we have satellite offices and programs in Frederick and Baltimore, Maryland, as well as Montgomery County."

301-459-2121

[www.fsfinc.org/index.html](http://www.fsfinc.org/index.html)

**Frederick County Developmental Center**-Frederick County Health Department (350 Montevue Lane, Frederick, MD 21702) A comprehensive, multidisciplinary, and coordinated community agency serving Frederick County's children with special needs from birth to 21 years. Services include audiology, dental, physical and occupational therapy, respite, and speech/language pathology. The Center is the lead agency for the Frederick County Infants and Toddlers Program, an interagency early intervention program serving children with developmental delays (birth-kindergarten) and their families.

301-600-1611

<http://health.frederickcountymd.gov/266/Developmental-Center>

**Healthy Families Frederick** (226 South Jefferson Street, Frederick, Maryland 21701) Healthy Families Frederick (HFF) is a program designed to support first-time parents through the provision of quality, strength-based, family-centered services and support, and access to community resources and agencies to help build stronger families, healthier children and a better community. To receive HFF services one must live in Frederick County and be a first-time parent who is pregnant or has a child who is less than three months old. Families can participate until their child reaches the age of five or starts kindergarten.

301-663-6183

<http://www.fcmha.org/childcarechoices/index.php?p=healthyfamilies>

**Partnership for Emotionally Resilient Kids (PERKS)**—A program of the Mental Health Association of Frederick County— Partnership for Emotionally Resilient Kids (PERKS) helps children, ages birth through five years old, with social, emotional or behavioral issues by: increasing child care provider and parent skills to deal with difficult behaviors, developing partnerships between parents and early educators, teaching children social and emotional skills, offering technical assistance in person, by phone, or e-mail, as needed, making appropriate referrals to outside resources. PERKS is a free service to licensed or regulated early care and education programs in Frederick Counties and the families they serve.

301-662-4549

<http://www.fcmha.org/childcarechoices/index.php?p=SupportForProfessionals>

**Service Coordination**, Frederick County (5303 Spectrum Drive, Suite I, Frederick MD 21703) Service Coordination is a private, nonprofit organization which helps adults and children with developmental disabilities get services that allow them to fulfill their goals in life. Coordinators visit clients and families regularly to assess their needs and help locate on-going support services. Program identifies service gaps, advocates for improvements in the service system and provides community education.

301-663-8044 or 1-888-240-6835

[www.servicecoordinationinc.org](http://www.servicecoordinationinc.org)

## Transportation

**The Maryland Department of Disabilities** (217 E. Redwood St., Suite 1300, Baltimore, MD 21202) The web site provides information on the following subjects: Daily Supports, Disability Benefits, Education, Employment, Housing, **Transportation**, and much more.

800-637-4113

<http://mdod.maryland.gov/transport/Pages/Transportation-Home.aspx>

[www.mdod.state.md.us/](http://www.mdod.state.md.us/)

**Transit Plus** (1040 Rocky Springs Rd., Frederick, MD 21702) TransIT-plus is Frederick's countywide, shared-ride, curb-to-curb paratransit service for senior citizens and persons with disabilities. Medical assistance recipients may use Transit-plus for medical appointments only, if pre-approved by the Frederick County Health Department. Medical trips are prioritized, and other trips are provided on a space-available basis. Passenger trips will be coordinated to serve as many people as possible and to use our vehicles in the most efficient manner. ADA Paratransit, a component of our TransIT-plus service, is available only within Frederick City and is provided only to persons with disabilities that prevent them from using accessible fixed-route transit. ADA Paratransit service is provided during the same days and hours as our fixed-route bus services. Trip purposes are unrestricted.

301-600-2065

<https://frederickcountymd.gov/221/TransIT-plus>

# Waivers

**Autism Waiver**—The Medicaid Home and Community Based Autism Waiver Program provides Medicaid health care benefits, as well as expanded in-home and school-based services to eligible children with autism.

Frederick County Public Schools-301-644-5274

<https://mmcp.dhmf.maryland.gov/waiverprograms/Documents/Autism%20Waiver%20Fact%20Sheet.pdf>

**Model Waiver for Disabled Children**—The Model Waiver provides Medicaid health care benefits as well as expanded in-home services to children who have very significant medical needs (would otherwise require nursing home or long-term facility care).

410-987-1048

<https://mmcp.dhmf.maryland.gov/waiverprograms/SitePages/Model%20Waiver%20Fact%20Sheet.aspx>

## **Developmental Disabilities Administration (DDA) Waivers:**

1. **Community Pathways Waiver**—This waiver provides Medicaid health care benefits, as well as community-based residential, day and support services to people with intellectual disabilities and other developmental disabilities.
2. **New Directions Waiver**--New Directions will allow people to direct their own services. A person in New Directions can get a whole array of services, including support services, supported employment and more and is for people living in their own homes or with their families.

410-767-5600

<http://dda.dhmf.maryland.gov/SitePages/community%20pathways.aspx>

<https://mmcp.dhmf.maryland.gov/waiverprograms/SitePages/Home.aspx>

## **2015 Bluebook Guide to Home and Community Based Programs**

This guide describes the range of home and community-based services available through Medicaid and can help consumers, families, and health care professionals make informed decisions about long-term care services. Maryland Medicaid offers home and community-based services for: • Older adults, • Persons with disabilities, and • Children with chronic illnesses.

Maryland Medicaid's home and community-based services are offered through the regular Medicaid program and special Medicaid programs called "waivers." Each waiver has different eligibility criteria and each target a different population, such as older adults or people with a certain disability. Contains current information on the Waiver for Children with Autism Spectrum Disorder, the Community Pathways Waiver, the Model Waiver for Medically Fragile Children, the Home and Community Based Options Waiver, the Brain Injury Waiver, and the Medical Day Care Services Waiver.

<https://mmcp.dhmf.maryland.gov/waiverprograms/Documents/2015%20Blue%20Book%20Guide%20to%20Home%20and%20Community%20Based%20Programs.pdf>

## 24-Hour Hotlines

### **2-1-1** (1-866-411-6803)

Available FREE, 24/7 for information and referrals on health and human services such as basic human needs, physical and mental health, employment support, support for seniors, children, youth and families, mobile crisis services, and suicide prevention and intervention services.

### **Alcohol Hotline**-1-800-Alcohol (1-800-252-6465)

Helpline for alcohol and drug abusers

### **Americans with Disabilities Act Hotline**-1-800-514-0301

Provides information on Americans with Disabilities Act, technical information and referral.

### **Child Help USA Hotline**-1-800-4-A-CHILD (1-800-422-4453)

Crisis counseling for abused youth and abused parents. Referrals to local programs, legal assistance, and information on prevention.

### **Covenant House Nineline**-1-800-999-9999-National

24-hour, toll-free crisis hotline which provides crisis intervention, referral and information services to the homeless, runaways, troubled teens and families.

### **Epilepsy Foundation of America Hotline**-1-800-332-1000

Assist individuals with Epilepsy and other neurological disabilities. Vocational and residential support services and provided to adults and youth.

### **Frederick County Hotline**-301-662-2255

Crisis intervention, support, information and referrals for all types of issues and situations to anyone in need.

### **National Poison Center**-1-800-222-1222

Routes to closest poison control center. Emergency information.

### **Maryland Youth Crisis Hotline** -1-800-422-0009

Crisis intervention, support, and referrals serving the western Maryland region.

### **National AIDS Spanish Hotline Sponsored by the CDC**-1-800-344-7432

Focusing on AIDS, HIV, and related issues in Spanish language.

### **National Center for Missing & Exploited Children**-1-800-THE-LOST (1-800-843-5678)

Clearinghouse for information regarding missing and exploited children.

**National Suicide Prevention Lifeline**-1-800-273-TALK (1-800-273-8255)

Nationwide network of local crisis centers committed to suicide prevention and intervention.

**Operation Runaway**-1-800-204-8600

Hotline and 24-hour local crisis walk-in center for runaways, at-risk youth, and their caregivers. Free crisis counseling/evaluation offered.

**Parent Information/Stress Line**-301-662-2255

## Other Local Resource Directories

### **CASS Community Resource Guide**

<http://www.fcps.org/academics/documents/CASSResourceGuide2015-2016.pdf>

### **Guide to Youth Resources in Frederick County**

A directory of services and programs for youth in Frederick County, MD, produced by The Frederick County Juvenile Delinquency Prevention Policy Board.

[www.frederickcountymd.gov/ocf](http://www.frederickcountymd.gov/ocf) or

[www.cityoffrederick.com/police](http://www.cityoffrederick.com/police)

### **Resource Directory 2015, Frederick County Dept. of Aging**

Also known as the "Blue Book," this guide to services throughout Frederick County, Maryland, serves older adults, persons with disabilities, caregivers, baby boomers and professionals.

[http://issuu.com/annajoyce/docs/blue\\_book\\_2015](http://issuu.com/annajoyce/docs/blue_book_2015)