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# Resource Guide

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# to Services

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# for People

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# with

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# Developmental

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# Disabilities

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Frederick County Edition  
November 2004

Service Coordination Systems  
620-A Research Drive  
Frederick, MD 21703-8619  
301-663-0909 / 301-293-0335 / TDD 663-0936

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## Section 1: ADAPTIVE AND MEDICAL EQUIPMENT

### A. Assessments

Physical and occupational therapists are usually best qualified to assess a person's need for most types of special equipment such as wheelchairs, walkers, shower chairs, commodes, etc. Nutritionists can best assess a person's need for special feeding devices. Some home health agencies can provide assessments by therapists in individual's own homes. These assessments are usually covered by Medicare, and may in some cases be covered by Medical Assistance.

Though we cannot endorse any specific agency, some of the home health agencies with which we have had contact are:

**Frederick County Developmental Center (301-694-1611, 350 Montevue Lane, Frederick, MD 21702)**

**Frederick Memorial Home Health (301-698-3568, 605 East Church Street, Suite 2, Frederick, MD 21701)**

**Homecall of Frederick (301-663-1838, 1080 West Patrick Street, Frederick, MD 21703)**

**Kennedy Krieger Institute (443-923-9200, 707 N. Broadway, Baltimore, MD 21205)** serves people under the age of 21. Provides diagnostic services, inpatient and day treatment services, outpatient services, home and community services, and school programs. Website: [www.KennedyKrieger.org](http://www.KennedyKrieger.org)

If an assessment by a physical or occupational therapist is not available, you can contact a medical equipment company (see below). A representative can usually visit your home and recommend equipment. Remember, however, the representative is a salesperson with a vested interest in selling you equipment.

**Volunteers for Medical Engineering (410-243-7495, 2301 Argonne Drive, Baltimore, MD 21218)** provides free assessments for people who need special equipment that is not available from medical equipment companies. They can also construct the equipment, and charge you only for materials. Website: [www.toad.net/~vme](http://www.toad.net/~vme)

### B. Medical Equipment Companies

Medical equipment companies (which are listed in the Yellow Pages under "Hospital Equipment and Supplies") can recommend and sell you equipment. They should also know whether Medicare, Medical Assistance, or other forms of insurance will cover the cost. Without endorsing any, some of the companies which we have contacted are:

**Aronson Medical (410-633-6200, 6719 Reisterstown Rd., Baltimore, MD 21215)**

**Baltimore Wheelchair (410-840-2900, 508 Dellview Dr., Finksburg, MD 21048)**

**Chesapeake Rehab. Equipment (410-298-4555 or 1-800-777-6981, 2700 Lord Baltimore Drive, Baltimore, MD 21244).** Website: [www.chesapeake-rehab.com](http://www.chesapeake-rehab.com)

**Gamma Medical Systems, Inc. (301-874-3390, 4451 Georgia Pacific Boulevard, Suite S, Frederick, MD 21704)**

### **C. Funding**

To find out whether Medical Assistance covers the cost of specific adaptive equipment and you are a member of a Medical Assistance MCO, call your specific MCO. If you are not a member of a MCO, call **(410-225-1474) at Medical Assistance**. To see whether **Medicare** covers equipment, call **1-800-444-4606**.

If your insurance does not cover the full cost of the equipment, the following organizations may be able to fund some or all of the cost:

**Jill Fox Memorial Fund (410-727-4828).** Note: They only accept requests made by social workers or other professionals acting on your behalf. Requests will not be considered for items already purchased.

**Maryland Technology Assistance Project (1-800-TECH-TAP, 800-832-4827, 2301 Argonne Drive, Baltimore, MD 21218).** You can call about ways to get funding for specific types of equipment. They can help you choose the best type of equipment to meet your needs as well. They also have a demonstration center where you can try out adaptive equipment, including computers. Website: [www.mdmap.org](http://www.mdmap.org)

**United Cerebral Palsy Special Request Fund (410-744-3151, Dorothy Thompson).** They can fund equipment for persons with cerebral palsy.

### **D. Loan Closets**

In some cases, if equipment cannot be bought, it may be borrowed. Call:

**Federated Charities (301-662-1561, 22 South Market Street, Frederick, MD 21701)**

**Goodwill Industries (301-662-0622, 400 East Church Street, Frederick, MD 21701)**

**Volunteers for Medical Engineering (410-243-7495, 2301 Argonne Drive, Baltimore, MD 21218).** Lends computer equipment. Some installation fees may apply. Website: [www.toad.net/~vme](http://www.toad.net/~vme)

## Section 2: ATTENDANT CARE

Attendant care is available primarily through two state programs, the Medical Assistance Personal Care Program and the In-Home Aide Services Program.

### A. Medical Assistance Personal Care Program

An individual must have Medical Assistance (Medicaid) to get services from the Personal Care Program. **Frederick County Health Department (301-694-1736)**. Medical Assistance covers the full cost. A personal care agency can have a “case monitor” visit the individual and indicate if the individual is most likely eligible for the program, based on the degree to which his/her disability limits his/her personal care skills. The case monitor helps the individual apply for the program and, if approved, can assign a “personal care aide” to assist the person in his/her home. A personal care aide can help with hygiene, give reminders to take medication, help with meal preparation and feeding, help with laundry, accompany the person to medical appointments (but not drive), etc. If you know someone who would like to be a personal care aide, he/she can easily apply by contacting a personal care agency.

Without endorsing any, some of the personal care agencies with which we have had contact are:

**Frederick Memorial Home Health (301-698-3568, 605 East Church Street, Suite 2, Frederick, MD 21701)**

**Homecall of Frederick (301-663-1838, 1080 West Patrick Street, Frederick, MD 21703)**. Central number for new referrals: **800-444-0096**.

**Partners In Care (301-682-5588 or 800-227-5500)**. Persons 55 years and older. Voluntary non-medical assistance.

**Senior Home Care of Frederick (301-473-8500, 6910 Bowers Road, Suite E Frederick, MD 21702)**. Personal care.

### B. In-Home Aide Services Program

To apply for this program, call the **Department of Social Services (301-694-4585, 100 East All Saints Street, Frederick, MD 21701)**. The program usually provides higher quality service than the Personal Care Program, but it is much more difficult to get services. If a person is found eligible for the program, s/he is assigned a ranking according to the urgency of need and the degree of risk that s/he may need to go into an institution (nursing home, hospital, etc.). People in the most urgent need get services first. There are now over 2,000 people on the waiting list statewide. It would be worthwhile applying if the person's situation is especially urgent, particularly if s/he is in physical danger without attendant care and may have to go into an institution. A person must use Medical Assistance personal care if eligible - the Department of Social Services program is NOT in addition to personal care.

### **Section 3: DAYCARE FOR CHILDREN**

You can call **Child Care Choices (301-662-4549, Referral Line – 301-695-4508, 263 West Patrick Street, Frederick, MD 21701)** for information about locating daycare. It does computer searches to locate daycare; a fee is charged. You can call **Locate: Child Care (410-625-1113 & 800-999-0120)**, operated by the Maryland Committee for Children, to find daycare for a child with a disability. If your child is 12 years old or younger, Project Locate will find at least one daycare provider in your area willing to serve children with special needs. If your child is over 12, Project Locate will send you a list of providers to call yourself. A small fee may be assessed.

### **Section 4: DAY PROGRAMS FOR ADULTS (Also see “Job Training”)**

#### **A. Medical Daycare**

Medical daycare programs provide leisure activities and sometimes various therapies for people with physical and/or medical disabilities. Medical Assistance covers the full cost. Most programs provide transportation, which is also covered by Medical Assistance.

**Kemp Horn Medical Day Care (301-824-5142, 22911 Cavetown Church Road, Smithsburg, MD 21783)** serves people who are mentally retarded and have medical conditions.

**United Cerebral Palsy Medical Daycare (301-663-8700, 5736 Industry Lane, Frederick, MD 21704)**

**Eldersburg Elder Care of Damascus, Highpoint Center (301-253-2764, 26137 Ridge Road, Damascus, MD 20872)**

**Daybreak Adult Daycare (301-696-0808, 7819 Rocky Springs Road, Frederick, MD 21702)**

**Washington County Human Development Council Medical Day Care Program (301-293-6055, 916 North East Street, Frederick, MD 21701)** serves people with disabilities and medical conditions in Frederick and Washington Counties.

#### **B. Senior Citizen Centers**

Many senior citizen centers are available for older people with disabilities. Most do not provide transportation. An older parent who enrolls in a senior center and who has a child (of any age) with a disability may have the son or daughter accompany him/her to the senior center. For information about nearby centers, call:

**Frederick County Commission on Aging (301-694-1605)**

## Section 5: DENTAL AND MEDICAL SERVICES

### A. Dental Services

The following dentists and clinics have substantial experience working with persons with disabilities:

**Frederick County Developmental Center Dental Clinic (301-694-1041, 350 Montevue Lane, Frederick, MD 21702)**

**The Maryland Foundation for Dentistry for the Handicapped (410-964-1944, Lois Bedell)** can often provide free dental services through participating dentists. This may be especially useful for adults, as Medical Assistance does not cover all dental services for people who are 21 or older. Handles orthodontic services. Waiting list.

**University of Maryland Special Patient Clinic (410-706-7915, University of Maryland Dental School, 666 West Baltimore Street, Baltimore, MD 21201).** Sliding fee scale. Orthodontic service is also available.

To find out whether Medical Assistance covers a dental service, call **800-284-4510 if you are in an HMO or call your HMO. If you have Medical Assistance and are not part of an HMO, call 800-492-5231.** Be sure to explain that the person has a disability, mention medications the individual takes, and state whether the individual needs the procedure because he/she is in pain.

### B. Medical Services

**Maryland Breast and Cervical Cancer Program (800-477-9774)** provides breast exams, mammograms, and Pap tests to Maryland women aged 40-64 who have limited income and no health insurance, or insurance that does not cover these services.

**Maryland Children's Health Program (MCHP).** This program provides full health benefits for children up to age 19 and pregnant women of any age. Families with low to moderate income are eligible. Medical services are provided through the **HealthChoice** Program, a series of Managed Care Organizations (MCOs) throughout the state. To apply, contact the Department of Health (301-694-1745), Frederick County Social Services (301-694-4585), or call 800-456-8900 / TDD 800-735-2258.  
[www.dhmd.state.md.us/mma/mchp](http://www.dhmd.state.md.us/mma/mchp)

**Early and Periodic Screening, Diagnosis and Treatment (EPSDT) (800-233-7201)** allows children under 21 who receive Medical Assistance to access mental health services that allow them to remain at home or in their community, or to return there after hospitalization or other out-of-home placement.

## Section 6: EDUCATION

Classes in basic reading, writing and math skills for adults are offered by:

**Frederick County Adult Basic Education (240-236-8450, Governor Thomas Johnson Middle School, 1501 North Market Street, Frederick, MD 21701).** Offers general classes and classes specifically for people with disabilities.

**Frederick Community College Continuing Education Classes (301-846-2420, 7932 Opossumtown Pike, Frederick, MD 21702).** Remedial tutoring and classes in reading and writing skills and numerous other subjects.

**The Literacy Council of Frederick County (301-694-2066, 217 Dill Avenue, Frederick, MD 21701 at the Baptist Church – temporary facility while remodeling)** provides free tutoring in basic reading skills, but it may be difficult to locate a tutor.

**Maryland Coalition for Inclusive Education (MCIE) (410-859-5400, 7804 Candlewood Rd., Suite R, Hanover, MD 21076)** is a non-profit organization dedicated to the inclusion of students in their neighborhood schools.

**Parents' Place of Maryland (410-859-5300, 7484 Candlewood Road, Hanover, MD 21076)**

## Section 7: FINANCIAL INFORMATION

### A. Social Security and SSI (Supplemental Security Income)

SSI provides monthly payments for people who are disabled or elderly (age 65 or older) and also have little income and savings. Everyone who receives SSI also gets Medical Assistance. Social Security Disability Insurance (SSDI) offers monthly checks to people who become disabled after a period of paid work, or who are disabled adult children of a worker who is now retired, disabled or deceased. After two years of receiving SSDI, a person is qualified to receive Medicare.

**Social Security Office (301-682-6765, 1-800-772-1213 or TTY 1-800-325-0778, 10 North Jefferson Street, Suite 204, Frederick, MD 21701)**

### B. Income Maintenance Programs

A person may be eligible for one or more of the public assistance, depending on income and whether they have children. An individual may qualify for food stamps even if he/she receives SSI, SSDI or other benefits, depending on income, rent and medical

expenses. To apply for public assistance programs call the **Department of Social Services (301-694-4575)**. They can refer you to the right department. To apply for **WIC** (food supplements to pregnant and nursing women, and young children), call **Frederick County Health Department at 301-694-2507 (350 Montevue Lane, Frederick, MD 21702)**.

*The Purple Book*, published by **Baltimore Gas and Electric Company**, provides useful information about benefits from the Department of Social Services, including income limits. Call **410-685-0123** to request a free copy.

### **C. Medical Assistance and Pharmacy Assistance**

Medical Assistance can cover many medical expenses, including prescription medications. Often, it even covers medical daycare, psychosocial day programs, transportation to medical services, attendant care, and medical equipment. If you receive SSI, you should automatically receive a Medical Assistance card.

People who do not get SSI but have incomes below certain limits may apply for Medical Assistance at the local **Department of Social Services (301-694-4575)**. Even if income is above the limit, an individual may qualify for Medical Assistance if s/he has unpaid medical bills for the last three months, or if s/he has high ongoing medical expenses. S/he needs to bring identification, proof of income, and unpaid medical bills to the Department of Social Services to apply.

If the individual's income is too high to receive Medical Assistance, s/he may still be eligible for **Maryland Pharmacy Assistance Program (1-800-226-2142 or for Maryland Relay 1-800-735-2258, P.O. Box 386, Baltimore, MD 21203-0386)** to help cover the cost of prescription medications.

**Maryland Medbank (301-694-1506)** assists people who are able to meet financial guidelines, have no prescription coverage, and are not eligible for Medicaid or Pharmacy Assistance Programs, to enroll in Pharmaceutical Company Patient Assistance Programs.

### **D. Energy Assistance**

If a person's income is low and s/he has trouble paying gas and electric bills, s/he may qualify for the **Maryland Energy Assistance Program (1-800-352-1446, they will refer you to your local Department of Social Services to apply – 301-694-2410)**. Assists with a portion of heating bills during the winter months, not year round.

### **E. Rolling Access**

The Governor's Waiting List Initiative created quickly accessed funds in limited amounts for families who were not otherwise receiving services. Families apply directly to the provider agencies that are allocated these funds to request a specific amount of money to help pay for a particular item or time-limited service. Funding levels are low to enable many Maryland families to benefit from this service. You are not required to be on the DDA waiting list to access these funds although some proof of disability is required. Two agencies in Frederick County disperse Rolling Access funds: The Arc of Frederick County (301-663-0909) under 22 years old Abilities Network (301-695-9505) children and adults.

## **Section 8: HOUSING**

### **A. Independent Living**

If an individual needs little or no assistance to live independently, call the following for help in locating affordable housing:

**The Freedom Center (301-846-7811, 301-846-9070 (Fax), Rose Hill Plaza, Unit A-20, 1560 Opossumtown Pike, Frederick, MD 21702)**

**Department of Social Services Information (301-694-4575).** Ask for housing resource list.

**Community Action Agency (301-694-1506, 100 South Market Street, Frederick, MD 21701)**

### **B. Financial Assistance**

The **Rental Allowance Program (RAP) (301-694-4586), Department of Social Services**, can help people with low incomes who are capable of living on their own and have an emergency need for housing (such as being homeless, forced to leave home due to fire or lead paint hazards, or are being physically abused by someone they live with). If a person is eligible, the program pays a monthly amount to the landlord based on family size, and that amount is taken off the person's rent. **NOTE:** The apartment must first pass inspection, or RAP will not pay. The person should not sign a lease until the apartment passes the RAP inspection.

Families or individuals with low incomes can apply for subsidized housing through the **Section 8 program** and **public housing projects**. If you are eligible, the program requires you to pay 30% of your gross income for rent and utilities in public housing projects or certain approved apartments. The federal government pays the rest. There are usually long waiting lists for these programs. To apply, call:

**Frederick County Section 8 Office (301-694-1061 or 301-631-3532), 520 N. Market Street, Frederick, MD 21701**

**Frederick City Section 8 Office (301-662-8173), 209 Madison Street,  
Frederick, MD 21701**  
**Housing Authority of the City of Frederick (301-662-8173), 209 Madison  
Street, Frederick, MD 21701**

The **Benefits Info Source (888-838-1776)** provides information about social security disability income (SSDI), supplemental security income (SSI), medicare, Medicaid and the Maryland children's health program. Persons with disabilities, their family members, friends and caregivers may call the information line with questions or concerns about their benefits.

### **C. Semi-Independent Housing**

**The Arc of Frederick County (301-663-0909, Gretchen Holtzinger)** provides training in independent living skills to people with mental retardation in their own homes or their families' homes.

### **D. Supervised Housing**

The **Adult Foster Care Program of the Department of Social Services (301-694-4509)** can assist people in locating **adult foster care**.

## **Section 9: JOB TRAINING AND JOBS**

### **A. Division of Rehabilitation Services (DORS)**

DORS is a state government agency that pays for job training, work-related equipment, and other services for people with disabilities. Contact them first, since they provide the funds for most of the services listed below. The individual needs to schedule an interview with a DORS representative to open a case, and will probably be scheduled for some tests (psychological, medical, etc.) for which DORS will generally pay. If the individual has had any of these tests recently, notify DORS of who did the testing so they can get the results and the tests will not have to be repeated. After the tests, DORS can write up an employment plan with the individual, which may include job training, education, job seeking, transportation, etc.

To set up an appointment, call:

**DORS (301-631-3075)**

## B. Job Training and Placement

Several agencies can test an individual's work skills, train her/him for various jobs, and help her/him find a job. **The individual must first open a case with DORS (see above)**, because DORS is usually the only resource to pay for these services.

**Family Service Foundation (301-694-7828, 205-A Broadway Street, Frederick, MD 21701)**

**Goodwill Industries (301-662-0622, 400 East Church Street, Frederick, MD 21701)**

**Jeanne Bussard Center (301-663-9588, 555 South Market Street, Frederick, MD 21701)**

**The Scott Key Center (301-694-1600, 1050 Rocky Springs Road, Frederick, MD 21702)**

**United Cerebral Palsy (301-663-8700, 5736 Industry Lane, Frederick, MD 21704)**

**Abilities Network Epilepsy Association (301-695-9505, 5300 Westview Drive, Suite 408, Frederick, MD 21703)**

**Spectrum Support (301-791-1242, 9436 Early Drive, Suite 1, Hagerstown, MD 21740)**

**Way Station (301-662-0099, 230 West Patrick Street, P.O. Box 3826, Frederick, MD 21705)**

The **Job Training Agency (301-694-1174)** provides workshops in job seeking skills for people who need little assistance to work independently. A two-week workshop covers interviewing skills, creating resumes and completing job applications. A three-week workshop covers the same subjects, plus helps people identify their job interviews and abilities. The agency also has lists of available jobs for people who are ready to work.

If a person does not need training and is qualified for a job, he/she can get a list of available jobs from the **Job Service Office (301-694-2180, 67 Thomas Johnson Drive, Frederick, MD 21702)**.

## C. Job-Related Equipment and Services

DORS can pay for many kinds of job-related equipment (such as tools, uniforms, computers, wheelchair repairs, modifications to cars, etc.) and services (including job training, job location, attendant care, transportation, etc.).

DORS may not pay for all the equipment or services an individual needs. S/he may be able to use a **Plan for Achieving Self-Support (PASS)** to pay for things that DORS will not cover. A PASS lets the person keep the SSI check while working (instead of having their SSI reduced) and use the extra money to pay for work-related

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equipment and services. In some cases, a PASS may even be used to help an individual qualify for SSI if his/her income is otherwise too high.

## **Section 10: LEGAL SERVICES**

**Legal Aid Bureau (410-539-5340)**

**Maryland Disability Law Center, Inc. (410-727-6352)**

**Maryland Volunteer Lawyers Service (410-547-6537)**

## **Section 11: RECREATION**

### **A. Sports and Activities**

**Department of Parks and Recreation -**

**Frederick City: 301-694-1492, 121 N. Bentz Street, Frederick, MD  
21701**

**Frederick County: 301-696-2936, 118 N. Market Street, Frederick, MD  
21701**

(Ask about activities and recreation centers in your area.)

**Special Olympics (301-620-2120 / 1-800-541-7544)**

**Tourism Council of Frederick City (301-663-8687, 19 East Church Street,  
Frederick, MD 21701)**

**Maryland Tourism (1-800-543-1036). Website: [www.mdwelcome.org](http://www.mdwelcome.org)**

**YMCA (301-663-5131, 1000 North Market Street, Frederick, MD 21701)**

**4-H Therapeutic Horseback Riding (301-898-7645)**

**Bowling leagues:**

**Terrace Lanes (10 pin) (301-662-2777, 12 West College Terrace,  
Frederick, MD 21701)**

**Village Lanes (duckpin) (301-662-1442, 902 East Street, Frederick, MD  
21701)**

### **B. Supervised Recreation Programs**

**Frederick County Department of Recreation and Parks (301-696-2936).**

Friday night recreation program for people with disabilities aged 21 and older; Tuesday night recreation program for people aged 10-21;

Wednesday night recreation program for people aged 6-10.

**Big Brothers and Big Sisters (301-694-9455).** For children aged 8-14 years.

**Girl Scouts (301-662-5106), 3 Hillcrest Drive, #A103, Frederick, MD 21703**

**Boy Scouts of America (301-530-9360), 9190 Rockville Pike, Bethesda**

**4-H Club (301-694-1594)**

**Teen/Adult Centers (410-547-5404, Sister Justa Walton).** Recreation/religious clubs for teens and adults with disabilities throughout Maryland. Run by Associated Catholic Charities, but open to people of all religions. Call for center nearest you. (Closest one is in Cumberland.)

**Challenger Baseball (301-694-8673, Fred Laliberte)**

**C. Supervised Vacations**

The following agencies provide supervised, small group vacations for adults with various disabilities. Vacations vary widely in length, location, and cost. Call the agencies for details.

**Argosy Travel (201-736-1400, 32 Main Street, West Orange, NJ 07052)**

**The Guided Tour (215-782-1370, 7900 Old York Road, Suite 114-B, Elkins Park, PA 19027)**

**Melwood Recreation and Travel Center (301-870-3226 or 301-934-3590, Route 1, Box 50A, Nanjemoy, MD 20662)**

**Milton Lodge Vacations (301-445-3350 ext. 152, Centers for the Handicapped, Inc., 10501 New Hampshire Avenue, Silver Spring, MD 20903)**

**Saga Adventures, Inc. (202-667-3611, 1906 6<sup>th</sup> Street, NE, Washington, DC 20001)**

**Target, Inc. (410-848-9090, 111 Stoner Avenue, Westminster, MD 21157)**

**D. Summer Camps**

Call the following agencies for information about camps for adults and/or children with disabilities.

**Big Pines and Camp Little Pines, Carl Sandburg Learning Center (451 Meadow Hall Drive, Rockville, MD 20851, 240-777-6960).** Camp for children with ADD, learning disabilities, or emotional disabilities.

**Camp Clagett (301-874-5147, c/o Clagett Center, P.O. Box 40, Buckeystown, MD 21717).** Overnight camp for adults.

**Camp Greentop (contact League for the Handicapped, 410-323-0500; camp located at Catocin Mountain Park, Thurmont, MD 21788).** Overnight camp for adults and children with physical disabilities. Scholarships available.

**Easter Seals (410-778-0566, Chestertown, MD).** Overnight camp for children and adults.

**Abilities Network The Epilepsy Association (301-695-9505, 174 Thomas Johnson Drive, Suite 202 Frederick, MD 21702).** Overnight camp, ages 7-15; siblings without disability can attend.

**Mar-Lu Ridge (301-874-5544, 3200 Mar Lu Ridge Road, Jefferson, MD 21755).** Overnight camp for children aged 9 to 15. Scholarships sometimes available.

**MDA Summer Camp (410-494-7106, [www.mdausa.org](http://www.mdausa.org)).** Ask for Katie McGuire.

**YMCA summer day camps (301-663-5131).** Summer day camps for children.

## Section 12: RESPITE CARE

Respite care gives a break to people with disabilities and their families. Most of the time, respite care is a brief (several days) visit to a respite care provider's home. The person with a disability lives in the provider's home when his/her family is out of town, has other responsibilities, or when the individual or family just needs a break from the normal routine. In some cases, respite can be provided in the individual's own home. The provider comes into the home and cares for the person with a disability, usually for several hours per day or more.

Contact one of the following agencies to apply:

**United Cerebral Palsy (1-800-262-2062).** Serves Frederick County residents with various disabilities.

**The Arc of Frederick County (301-663-0909)**

## Section 13: SOME OTHER RESOURCES

**Family NET Works (410-333-0454).** A project of the Maryland Developmental Disabilities Council, Family NET Works offers comprehensive online information and supports specific to the needs of Maryland families that include a member with a disability. Website: [www.family-networks.org](http://www.family-networks.org)

**Giant Food Online Grocery Shopping (410-995-4322).** Home delivery in many areas. Website: [www.giantfood.com](http://www.giantfood.com)

**Meals on Wheels (301-694-1605)** assists with healthy, nutritious living for people who are homebound. Provides home-delivered meals, daily contact, referral to other services. Monday through Friday.

**The National Institute on Disability and Rehabilitation Research (800-227-0216)** Website: [www.abledata.com](http://www.abledata.com) Access to assistive technology and rehabilitation equipment product and vendor information, customize products and one-of-a-kind items.

**The Resource Network: A Project of Kennedy Krieger Institute (800-390-3372).** Offers information on developmental disabilities and resources in Maryland.

**Yellow Pages for Kids with Disabilities.** Website:  
[www.fetaweb.com/help/states.htm](http://www.fetaweb.com/help/states.htm) “All the information you need, in one place.”

## Section 14: SUPPORT GROUPS AND INFORMATION

Following is a list of support and informational groups for individuals with specific disabilities and/or their families.

**The Arc of Maryland (410-974-6139, 49 Old Solomons Island Rd., Suite 205, Annapolis, MD 21401)** is a statewide advocacy organization that provides legislative and system advocacy to people with developmental and related disabilities and their families.

**Autism Society of America (800-328-8476) (Frederick Chapter: 301-682-8740)**

**Down Right Active (301-845-2561, Anita Koontz).** Awareness group for parents and children with Down Syndrome. Focuses on social activities.

**Epilepsy support group (301-695-9505, Abilities Network Epilepsy Foundation)**

**The Family Partnership (301-846-2206).** Information and services.

**First Call for Help (800-492-0618).** For information and referral.

**Frederick County Health Department (301-694-1029).** Information.

**F.R.I.E.N.D.S. (301-898-7628, Patti Saylor).** For parents of children with Down Syndrome.

**Hemophilia Association of Maryland (800-954-3131)**

**HOPE (301-662-9519).** For parents of infants/toddlers with developmental delay.

**Koffee Klatch (301-663-0909, The Arc of Frederick County).** For parents of children with mental retardation.

**Learning Disabilities Association of Maryland (1-800-673-6777, P.O. Box 526, Bowie, MD 20718-0526).** For parents of persons with learning disabilities.

**Learning Independence Through Computers (LINC) (410-659-5462, 1001 Eastern Avenue, Third Floor, Baltimore, MD 21202).** Provides opportunities for children and adults with disabilities to achieve independence and productivity in personal and community life. Serves people throughout Maryland.

**Maryland Coalition for Inclusive Education (410-859-5400, [www.mcie.org](http://www.mcie.org)).** For parents interested in inclusion of their children with disabilities into neighborhood schools.

**Maryland Fragile X Resource Group (301-926-0576, Kristen Head).**

Statewide group; information and referral; bi-monthly meetings.

**Maryland Infant and Toddlers Program (301-694-1611, Frederick County Developmental Center).** For parents of infants and toddlers with disabilities.

**Maryland Partners in Policymaking (410-974-6139 ext. 26, Jessica Pearsall, Coordinator: [jpearsall@thearcmd.org](mailto:jpearsall@thearcmd.org)).** Maryland Partners in Policymaking is a yearlong disability advocacy and leadership-training program for self-advocates and parents of children with developmental disabilities. “Partners” make a commitment to attend eight weekend sessions over a 10-month period. The Developmental Disabilities Council, The Arc of Maryland, and the Maryland State Department of Education, Maryland Infants and Toddlers Program/Family Support Network jointly sponsor the program.

**Multiple Sclerosis Society (410-821-8626)****Muscular Dystrophy Association (888-484-7072)**

**National Association for the Dually Diagnosed (NADD) (800-331-5362).** An association for persons with developmental disabilities and mental health needs.

**National Federation of the Blind (410-659-9314)**

**PACT-Helping Children With Special Needs (410-298-7000, [www.pact.kennedykrieger.org](http://www.pact.kennedykrieger.org))** provides training in parenting and independent living skills to mothers and fathers who are cognitively limited, and have children under three. Provides developmental activities and therapy, if needed, for the children.

**Parents Stress Line (301-662-2255).** Telephone support.

**Partners for Success (301-620-2491)** Parent information and training.

**The Parents' Place of Maryland, Inc. (410-859-5300).** Support, information and referral sources to assist parents of children with disabilities.

**Self-Help Group (301-663-0909, The Arc of Frederick County).** For adults with mental retardation.

**The Sibling Support Project (800-999-9442, ext. 5169, Addison Beck, Baltimore Area Coordinator).** This national program is dedicated to brothers and sisters of people with special health and developmental needs, and is a part of The Arc of the United States.

**Spina Bifida Association of Maryland (1-800-621-3141)**

**United Cerebral Palsy (301-663-8700)**

**Up-County Family Support Center (301-447-2810).** Information and services for children under the age of 4. Childbirth classes, parenting classes, education, life skills and computer classes.

**Working Together (301-663-0909, The Arc).** Self-advocacy group for adults with mental retardation.

## Section 15: TRANSPORTATION

### **A. For Medical Appointments**

Medical Assistance usually covers transportation to and from services covered by Medical Assistance, such as medical appointments and medical daycare. Wheelchair-accessible vans are provided if necessary.

**Transit (301-694-1725, 1040 Rocky Springs Road, Frederick, MD 21702)** provides door-to-door rides for people with disabilities approved for the program. Riders must call in advance to schedule rides, and Transerve confirms whether they can provide the requested ride the day before it is scheduled.

### **B. Transit Buses**

If a person has a disability or is elderly and uses the Frederick City Transit buses, s/he may qualify for a reduced bus fare card. Call:

**Frederick City Transit Reduced Fare Program (301-694-1725)**

**Transit (301-694-1725)** also operates a pre-scheduled, county-wide shuttle.

## **Section 16: WAIVER PROGRAMS**

### **A. The Model Waiver for Disabled Children**

Also known as the “Katie Beckett” waiver or “Model Waiver,” it 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). Contact The Coordinating Center: 410-987-1048 or 301-621-7830.

### **B. The Waiver for Children with Autism Spectrum Disorder**

Also known as the “Autism Waiver,” it provides Medicaid health care benefits, as well as expanded in-home and school-based services to eligible children with autism. For more information, contact Maryland State Department of Education, 410-767-1446, or Frederick County Public Schools, 301-644-5000.

### **C. The Living at Home: Maryland Community Choices Waiver**

Also known as the “Attendant Care” Waiver or the “DHR” (Department of Human Resources) Waiver, it provides Medicaid health care benefits, as well as expanded in-home and community supports to eligible adults (ages 21–59) with physical disabilities, to assist people to live in their own homes. Contact Maryland Department of Human Resources, Office of Personal Assistance Services, 800-332-6347.

## **D. The Developmental Disabilities Waiver**

This waiver provides Medicaid health care benefits, as well as community-based residential, day and support services to people with mental retardation and other developmental disabilities. Information about the Developmental Disabilities Administration, services, and eligibility is available on DDA's website: [www.ddamaryland.org](http://www.ddamaryland.org), or contact your DDA Regional Office at 301-791-4670 or tollfree: 888-791-0193.

## **E. The Waiver for Older Adults**

Also known as the "Aging" Waiver or "Assisted Living" Waiver, it is designed to provide Medicaid healthcare benefits, as well as community supports (including assisted living) to older adults in order to avoid nursing home placement. Contact the Frederick County Commission on Aging, 301-694-1605.