

**Table of Contents**

Section 1: Adaptive and Medical Equipment ..... 1  
 Assessments..... 1  
 Medical Equipment Companies ..... 2  
 Funding ..... 2  
 Loan Closets ..... 3

Section 2: Attendant Care ..... 3  
 Medical Assistance Personal Care Program ..... 3  
 In-Home Aide Services Program ..... 4

Section 3: Daycare for Children ..... 4

Section 4: Day Programs for Adults ..... 4  
 Medical Daycare ..... 4  
 Senior Citizen Centers ..... 5

Section 5: Dental and Medical Services ..... 5  
 Dental Services ..... 5  
 Medical Services ..... 5

Section 6: Education for Adults ..... 6

Section 7: Financial Information ..... 7  
 Social Security and SSI ..... 7  
 Income Maintenance Programs ..... 7  
 Medical Assistance and Pharmacy Assistance ..... 8  
 Energy Assistance ..... 8  
 Low Intensity Support Services ..... 8  
 Maryland SAIL Program ..... 9

Section 8: Housing ..... 9  
 Independent Housing ..... 9  
 Financial Assistance ..... 9  
 Semi-Independent Housing ..... 10  
 Supervised Housing ..... 10  
 Homeownership ..... 10

Section 9: Job Training and Jobs ..... 10  
 Department of Rehabilitation Services (DORS) ..... 10

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Job Training and Placement .....	10
Job-Related Equipment and Services .....	11
Section 10: Legal Services .....	11
Section 11: Recreation .....	12
Sports and Activities .....	12
Supervised Recreation Programs .....	12
Supervised Vacations .....	13
Summer Camps .....	13
Section 12: Respite Care .....	16
Section 13: Some Other Resources .....	16
Section 14: Support Groups and Information .....	17
Section 15: Transportation.....	19
Transportation for Medical Appointments .....	19
Transit Buses .....	19
Section 16: Waiver Programs .....	19
The Model Waiver for Disabled Children .....	19
The Waiver for Children with Autism Spectrum Disorder .....	19
The Living at Home: Maryland Community Choices Waiver .....	19
DDA Waivers .....	20
Community Pathways Waiver.....	20
New Directions Waiver.....	20
The Waiver for Older Adults .....	20

## 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 (301-600-1611 or 301-600-1612 (Infant and Toddlers Referral Number), 9031 Reichs Ford Road, Frederick, MD 21704)** Infants and Toddlers Program – 0 – School Age; Services/Assessments are free if you qualify for the program. Services provided include Speech and Hearing, Language, Psychology and Social Work. Under the School Age Program, assessments are initiated through the school, with OT, PT and Audiology Services provided by FCDC.

**Frederick Memorial Home Health (240-566-3568, 605 East Church Street, Suite 2, Frederick, MD 21701)** Provided in home skilled nursing, Occupational and Physical Therapy and Speech. Takes MA, Medicare and some private insurances.

**Homecall of Frederick (240-566-3222, 1446 West Patrick Street, Frederick, MD 21703).** Referrals from anyone.

**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 (410-554-9134, 2301 Argonne Drive, Baltimore, MD 21218, Fax: 410-261-2907)** 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.volunteersformedicalengineering.com](http://www.volunteersformedicalengineering.com)

## 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 (443-460-1700, 432 Eastern Boulevard, Baltimore, MD 21221)** Website: [www.aronsonmedical.com](http://www.aronsonmedical.com)

**Mobility Rehab (410-833-8755, 3152 Baltimore Boulevard, Finksburg, MD 21048)**

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

**BP Gamma Medical Systems, Inc. (301-874-3390/1-800-624-4134, 4451 Georgia Pacific Boulevard, Suite S, Frederick, MD 21704)**  
Website: [www.bpgamma.com](http://www.bpgamma.com)

**Frederick Medical Supplies (Ph: 301-378-2266 Fax: 301-378-2204, 179B Thomas Johnson Dr., Frederick, MD 21702)** Website:  
<http://frederickmedicalsupplies.com>

## 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 **(410-543-6944) at Medical Assistance**. To see whether **Medicare** covers equipment, call **1-800-MEDICARE**.

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 (ext 322 and ext 272), 101 W. Mt. Royal Ave., Baltimore, MD 21201).** 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.  
Website: [www.jillfoxfund.org](http://www.jillfoxfund.org)

**Maryland Technology Assistance Project (1-800-TECH-TAP, 800-832-4827, TTY: 1-866-881-7488, 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/)  
Email: [mdtap@mdtap.org](mailto:mdtap@mdtap.org)

**United Cerebral Palsy Special Request Fund (410-744-3151).** 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, Suite 2B, Frederick, MD 21701)**

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

**Volunteers for Medical Engineering (410-554-9134, 2301 Argonne Drive, Baltimore, MD 21218).** Lends computer equipment. Some installation fees may apply. Website: [www.volunteersformedicalengineering.com](http://www.volunteersformedicalengineering.com)

## 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 (301-600-1029).** 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 (240-566-3568, 605 East Church Street, Suite 2, Frederick, MD 21701)**

**Homecall of Frederick (240-215-4668, 1446 West Patrick Street, Frederick, MD 21703).** Central number for new referrals: **800-444-0096.**

**Partners In Care (301-600-6008, Sarah Ferrall c/o Dept. of Aging).** Persons 55 years and older. Voluntary non-medical assistance.

**Senior Home Care of Frederick (301-473-8500, 6910 Bowers Rd, Suite C, Frederick, MD 21702).** Personal care. Website: [www.shcfmd.com](http://www.shcfmd.com)

## B. In-Home Aide Services Program

To apply for this program, call the **Department of Social Services (301-600-4555, 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 (410-752-7588)**, 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.

**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 Arc Medical Day Care Program (301-714-1003, 838 Florida Avenue, Hagerstown, MD 21740)**

**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 (301-600-1605)**

## Section 5: DENTAL AND MEDICAL SERVICES

### A. Dental Services

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

**Denticaid – (Robin Dorsey, 301-631-2670, Religious Coalition)** provides Emergency Dental Care for low-income adult (18+) residents. To qualify you must be a Frederick County Resident, be experiencing dental pain and you can be on SSI, have a Medical Assistance Card, or be unemployed. A new program by the Religious Coalition for Emergency Human Needs, in conjunction with the Frederick County Department of Aging, Department of Social Services and the Frederick County Health Department,

**Frederick County Developmental Center Dental Clinic (301-600-1041, 350 Montevue Lane, Frederick, MD 21701).** Offers voucher program with 35% dentist participating.

**The Maryland Foundation for Dentistry for the Handicapped (410-964-1944, 6410 Dobbin Rd, Suite F, Columbia, MD 21045)** 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 (410-706-7101, University of Maryland Dental School, 650 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. (8 am – 5 pm Monday – Friday)

### B. Medical Services

**Maryland Breast and Cervical Cancer Program (BCCP) (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 (301-600-1755), Frederick County Social Services (301-600-4555), or call 800-456-8900 / TDD 800-735-2258.

[www.dhmh.state.md.us/mma/mchp](http://www.dhmh.state.md.us/mma/mchp)

**Early and Periodic Screening, Diagnosis and Treatment (EPSDT) (410-767-6500)** 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 (Contact: Lisa Martinis or Corby Fowler at the Arc of Frederick County, 301-663-0909, ext 31 or 17)**  
Offers general classes and classes specifically for people with disabilities.

**Frederick Community College Continuing Education Classes (301-846-2471/TDD: 301-846-2471, 7932 Opossumtown Pike, Frederick, MD 21702).** Remedial tutoring and classes in reading and writing skills and numerous other subjects.

**Frederick County Board of Education External Diploma Program (EDP) (240-236-8431, 44 West Frederick Street, Walkersville, MD 21793)**

**Frederick County Department of Social Services (301-600-2405, Chris Bickle or 301-631-3658, Sally Jones, Instructor, P.O. Box 237, Frederick MD 21705)** Literacy assessment completed by Adult Education staff or Social Services case managers. Includes referrals to other literacy resources within the county. Free to Frederick County DSS recipients. Classes Monday – Thursday 1:00 – 3:00 pm.

**Leadership, Enrichment, Achievement Program (LEAP) at Frederick Community College (301-663-0909 The Arc of Frederick County, Aaron Stephens)** Personal growth and enrichment classes for ages 18-21.

**The Literacy Council of Frederick County, Inc. (301-600-2066, Chris Nolle, c/o First Baptist Church, 110 East Patrick Street, 2<sup>nd</sup> Floor, Frederick, MD 21701)** One-on-one tutoring in basic reading and writing (0-5 grade level). Workshops help for training tutors using Laubach method and materials. ESLO program. Free. Monday – Friday 10:00 am – 4:00 pm.

**Maryland Coalition for Inclusive Education (MCIE) (410-859-5400, 7484 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 (410-768-9100, 801 Cromwell Park Drive, Suite 103, Glen Burnie, MD 21061)**

**Up-County Family Support Center (301-600-7450, 303 West Lincoln Avenue, Emmitsburg, MD 21721)** Parenting skills, infant/child stimulation activities, outreach, employability skill development, educational and literacy opportunities, developmental screening, health education, temporary child care 0-3, support and recreation activities, computer literacy, ESOL. Monday – Thursday 9:00 – 4:00.

## **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, 5340 Spectrum Drive, Suite N, Frederick, MD 21703)**

The **Benefits Info Source (888-838-1776, 301-587-4162)** 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.

### **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 (301-600-4555)**. 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 301-600-1029 (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 (301-600-4555)**. 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.

Website: [www.dhmh.state.md.us/mma/mpap/](http://www.dhmh.state.md.us/mma/mpap/)

**Maryland Medbank (301-600-3972)** 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/TDD: 1-800-925-4434, they will refer you to your local Department of Social Services to apply – 301-600-4555)**. Assists with a portion of heating bills during the winter months, not year round.

The **Maryland SAIL Program** offers a web-based screening and application for the Maryland Energy Assistance Program. Call: 1-800-332-6347 or visit

<http://www.marylandsail.org/Default.aspx>

### E. Low Intensity Support Services (LISS)

The Maryland Developmental Disabilities Administration (DDA) has Low Intensity Support Services (LISS) funding available for children and adults with developmental disabilities who do not currently receive ongoing services from the DDA. To apply for this funding, contact the **DDA Western Region LISS provider, Penn-Mar Human Services**. LISS funding helps individuals to improve quality of life, remain in their own home, increase independence, participate in community, and avoid crisis situations.

Website: <http://www.penn-mar.org>

## F. Maryland SAIL Program

**311 West Saratoga Street, Baltimore, MD 21201. Phone: 1-800-322-6347.**

**Visit:** <http://www.marylandsail.org/Default.aspx>

Offers web-based screening and application that allows Maryland residents to apply for Food Supplement, Temporary Cash Assistance, Temporary Disability Assistance Program, Medical Assistance, Maryland Children's Health Program, Medical Assistance Long Term Care, Maryland Energy Assistance Program, Electric Universal Service Program, Child Care Subsidy Program. Also offers other resources and programs.

## 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 (301-600-4555).** 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) (301-631-2670, Nick Brown, ext. 105), 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 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**

### C. Semi-Independent Housing

The Arc of Frederick County (301-663-0909) provides training in independent living skills to people with developmental disabilities in their own homes or their families' homes.

### D. Supervised Housing

The Adult Foster Care Program of the Department of Social Services (301-631-2635) can assist people in locating adult foster care.

### E. Homeownership

Homeownership for Individuals with Disabilities Program (800-638-7781, 410-514-7502). Email: [singlefamilyhousing@mdhousing.org](mailto:singlefamilyhousing@mdhousing.org)

HomeChoice for people with Disabilities (800-732-6643) [fanniemaecom.com](http://fanniemaecom.com)

Section 8 Housing Choice Voucher Program (301-600-6019). City or county.

## 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 (301-600-3075)**

### 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/TTY: 301-694-8602, 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 (301-600-1600, 1050 Rocky Springs Road, Frederick, MD 21702)**  
**United Cerebral Palsy (301-663-8700, 5736 Industry Lane, Frederick, MD 21704)**  
**Abilities Network Epilepsy Association (301-387-7723, 5300 Westview Drive, Suite 408, Frederick, MD 21703).** Website: [www.abilitiesnetwork.org](http://www.abilitiesnetwork.org)  
**Spectrum Support (301-791-1242, 9436 Earley Drive, Suite 1, Hagerstown, MD 21740)**  
**Way Station (301-662-0099, 230 West Patrick Street, P.O. Box 3826, Frederick, MD 21705)**  
**The Arc of Frederick County (301-663-0909, 620-A Research Drive, Frederick, MD 21703)**

The **Business & Employment Center (301-600-2255/TTY: 301-600-1862, 5340-A Spectrum Drive, Frederick, MD 21703)** 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.

### **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 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 (301-694-7414, 410-539-5340) [mdlab.org](http://mdlab.org)**  
**Maryland Disability Law Center, Inc. (410-727-6352, 800-233-7201)**  
**[mdlcbalto.org](http://mdlcbalto.org)**  
**Maryland Volunteer Lawyers Service (410-547-6537 or 800-510-0050)**  
**Website: [www.mvlslaw.org](http://www.mvlslaw.org)**  
**Pro Bono Resource Center of Maryland (410-332-1195)**

## Section 11: RECREATION

### A. Sports and Activities

**Art on Wheels, LLC (Contact Diane Hurwitz Spect at 301-682-4030 or Gail McDermott at 240-285-0920).** Offers classes for individuals with special needs. Lessons are adapted to the student's ability. Art on Wheels travels to homes, daycare, or community centers for classes.

**Department of Parks and Recreation -**

**Frederick City: 301-600-1492, 121 N. Bentz Street, Frederick, MD 21701**

**Frederick County: 301-600-1646, 118 N. Market Street, Frederick, MD 21701.** Website: [www.recreator.com](http://www.recreator.com)

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

**Frederick Community College Children's Center (301-846-2612, 7932**

**Opossumtown Pike, Frederick, MD 21702)** Variety of programs for kids and parents.

Website: [www.frederick.edu/our\\_campus/childrenscenter.aspx](http://www.frederick.edu/our_campus/childrenscenter.aspx)

**Special Olympics (Frederick) (301-694-7779)**

**Tourism Council of Frederick County (301-600-2888, 19 East Church Street, Frederick, MD 21701)**

**Maryland State Parks (Access Maryland Pass):** The Access Maryland State Park pass is a free lifetime entrance pass that is issued to persons who have a permanent physical or developmental disability. Must fill out an application and submit for approval.

Website: [www.dnr.state.md.us/publiclands/accesspass.asp](http://www.dnr.state.md.us/publiclands/accesspass.asp)

**Maryland Tourism (1-866-639-3526).** Website: [www.visitmaryland.org](http://www.visitmaryland.org)

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

**4-H Therapeutic Horseback Riding (301-898-3587, Silverado Stables, 11515 Angleberger Road, Thurmont, MD 21788)** Summer session for children and children with developmental disabilities.

**Summer Serve & Summer Serve Express (301-663-5214, Volunteer**

**Frederick, 20 North Court Street, Frederick, MD 21701)** Unique 6 week youth service program that engages teens in diverse volunteer and recreational activities.

**Bowling leagues:**

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

### B. Supervised Recreation Programs

**Adventure Park USA (301-865-6800, 11113 West Baldwin Rd., New Market, MD).** Offers a variety of activities and day programs which includes preschool, summer camp and before and after school programs.

**Frederick County Department of Parks and Recreation (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, 2 E. Church St., Suite 2, Frederick, MD, 21701).** 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 (301-600-1589, contact Jennie Schiazzi)**

**Challenger Baseball (301-471-9701, Guy Berry)**

### **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.

**The Guided Tour (215-782-1370, 7900 Old York Road, Suite 111-B, Elkins Park, PA 19027)**

**Melwood Recreation and Travel Center (301-870-3226, 9035 Ironside Road, Nanjemoy, MD 20662)** Various supervised summer vacation programs for adults with developmental disabilities. Email: retreatcenter@melwood.org

**Milton Lodge Vacations (301-439-4330, Centers for the Handicapped, Inc., 10501 New Hampshire Avenue, Silver Spring, MD 20903)**

**Saga Adventures, Inc. (202-399-6943, 4918 Fitch Place, NE, Washington, DC 20001)** Four to six day vacations planned for adults with developmental disabilities. Trips are all inclusive.

**Target, Inc. (301-387-8455, 410-848-9090, 400 Sawmill Hollow Road, Swanton, MD 21561)** Adult weekend program May 28 through September 14, with vacations year round. Provides year round recreational opportunities for individuals with disabilities. Programs held at Deep Creek Lake.

### **D. Summer Camps**

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

**Abilities Network The Epilepsy Association (301-387-7723, 5300 Westview Dr., Suite 408, Frederick, MD, 21703).** Overnight camp, ages 7-15; siblings without disability can attend.

**Adventure Park USA (301-865-6800, 11113 West Baldwin Rd., New Market, MD).** Offers a variety of activities and day programs which includes preschool, summer camp and before and after school programs.

**Big Pines and Camp Little Pines, Carl Sandburg Learning Center (240-777-4925/TTY: 240-777-6974, 4610 West Frankfort Drive, Rockville, MD 20853).** Camp for children with ADD, learning disabilities, or emotional disabilities.

- Camp Atlantic (703-863-9485, The Elling-Rivera Beach Houses, 18 White's Creek Lane, Ocean View, DE 19970)** A fun, structured place for young people with special needs including neurological impairments and brain injury. Activities include social skill development in a beach environment and much more. Email: [campatlantic@cox.net](mailto:campatlantic@cox.net)
- Camp Brendan (703-352-9606 or 202-638-2788, Contact The Brendan Corporation, 1500K St., Suite 350, Washington, DC, 20005).** A summer sailing camp for children with learning disabilities sponsored by the Annapolis Sailing School and the Brendan Corporation. Website: [www.brendansailing.com](http://www.brendansailing.com)
- Camp Clagett (301-874-5147, c/o Bishop Clagett Center, 3035 Buckeystown Pike, Buckeystown, MD 21717).** Overnight camp for adults. [www.clagett.ang-md.org](http://www.clagett.ang-md.org)
- Camp Connect (Contact Sandy-Cushner-Weinstein at 202-476-5142).** Residential camp for children and teens with Tourette Syndrome (ages 7-16) located in Buckeystown, MD. Staffed by professionals from Children's National Medical Center.
- Camp Fairlee Manor (410-778-0566, Easter Seals, 22242 Bay Shore Road, Chestertown, MD 21620)** Programs include adaptive swimming, sports and recreation for ages 6 to adult. Website: [www.de.easterseals.com](http://www.de.easterseals.com)
- Camp Great Rock (Contact Sandy-Cushner-Weinstein at 202-476-5142).** Residential camp for children and teens with epilepsy (ages 7-16) located in Buckeystown, MD. Staffed by professionals from Children's National Medical Center.
- Camp Greentop (contact The League, 410-323-0500 x 309; camp located at Catoctin Mountain Park, Thurmont, MD 21788).** Overnight camp for adults and children with physical disabilities. Scholarships available. [www.campgreentop.org](http://www.campgreentop.org)
- Camp Jamie (240-566-3030, Hospice of Frederick County)** Special weekend programs designed to teach children coping skills for dealing with the death of a loved one.
- Camp Journey Youth Respite Program (301-682-3446)** A program of Way Station, serves children with emotional and behavioral challenges, age 11-17, who are actively in therapy.
- Camp Lee Mar (Winter telephone: 215-658-1708/Summer telephone: 570-685-7188, 450 Route 590, Lackawaxen, PA 18435)** Located in the Pocono Mountains. Campers with mild/moderate developmental disabilities, autism, learning disabilities or attention deficit disorder can enjoy horseback riding, camping and speech/language therapy. [www.LeeMar.com](http://www.LeeMar.com) Email: [gtour400@aol.com](mailto:gtour400@aol.com)
- Camp Pecometh (410-556-6900, 136 Bookers Wharf Rd, Centreville, MD 21617).** Offers the camping experience to adults over 16 with mental and/or physical challenges. Website: [www.pecometh.org](http://www.pecometh.org)
- Club Venture (410-296-2272 x 5130, BARC, 7215 York Road, Baltimore, MD 21212)** Activities involve group learning situations for ages 21 and up with

developmental disabilities. Program includes tennis, drama, dance, archery, canoeing and more. [www.baltimorearc.org/clubventure.htm](http://www.baltimorearc.org/clubventure.htm)

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

**4-H Camps (Contact Michael Kuster, 301-600-3583)**

**Frederick's Child Magazine (301-662-3154/301-829-6269, 13516 Golf Club Court, Mt. Airy, MD 21771)** Summer Camp resource guide. Call for a copy. Website: [www.frederickschild.net](http://www.frederickschild.net)

**Kamp A-Kom-Plish (301-870-3226, 9035 Ironside Road, Nanjemoy, MD 20062)** Summer programs for children with and without disabilities.

**Kids Independence Development Summer Camp (410-737-2656, 1-888-322-4567 Ext. 2656, Blind Industries and Services of Maryland, 3345 Washington Blvd, Baltimore, MD 21223)** Programs for school students who are legally blind. Website: [www.bism.org](http://www.bism.org) Email: [youth@bism.org](mailto:youth@bism.org)

**Mar-Lu Ridge (301-874-5544 or 800-238-9974, 3200 Mar Lu Ridge Road, Jefferson, MD 21755).** Overnight camp for children aged 9 to 15. Scholarships sometimes available. Website: [www.mar-lu-ridge.org](http://www.mar-lu-ridge.org)

**MDA Summer Camp (410-494-7106, contact Rachael Lewkowicz).** Website: [www.mdausa.org](http://www.mdausa.org).

**Summit Camp (212-689-3880, 1-800-323-9908,).** Summer program for children ages 8-17 with ADD/HD, Aspergers, Tourettes, OCD. Website: [www.summitcamp.com](http://www.summitcamp.com)

**Way to Grow (Contact Barbara Luporsky at 301-846-4769).** For children 7-10 years old, two weeks of summer fun. Summer enrichment offers participants groups experiences in music, art and movement therapy.

**West River United Methodist Camp (700-922-6795, P.O. Box 429, Churchton, MD, 20733).** Camp for deaf/blind and for deaf children, ages 8-18.

**YMCA summer day camps (301-663-5131, ext 1248).** Summer day camps for children and special needs camps

**Check out these websites for more camps/recreation:**

- **Therapy/Respite Camps: Kids with Autism and Other Special Needs.** Complete listings of camps in the United States. Click on Northeast USA to see the list of camps in Maryland and surrounding states. Go to <http://wmoore.net/therapy.html>
- **Maryland Recreation and Art Resources for People with Disabilities and Their Families.** A vast list of Maryland amusement parks, art, theater, dance, camps, county recreation programs, horseback riding, state parks with accessibility features, sports, travel, boating, sailing, swimming and programs at the National Aquarium in Baltimore. Go to [www.linc.org/resfun.html](http://www.linc.org/resfun.html)
- **Online Summer Camp Directory.** Directory of kids and teens summer special needs camps, including day and night overnight special needs camps. Includes ADHD camps, Autism camps and many more. Go to [www.campresource.com/camps/spec\\_needs\\_camps.cfm](http://www.campresource.com/camps/spec_needs_camps.cfm)

## 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.

**Daybreak Community Church Rooftop Ministries (301-865-8877)** Children; siblings can attend. Website: <http://daybreak-church.com/home>. Email: [office@daybreakchurch.com](mailto:office@daybreakchurch.com)

**Frederick County Developmental Center Respite Care Program (301-600-1611)** Ages 0 – 21.

**Maggie's Light (410-527-1401)** Serves individuals under 21 years only. Website: [www.maggieslight.org](http://www.maggieslight.org)

**The Arc of Frederick County (301-663-0909)** Parents Day Out (Children; siblings can attend)

## 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)

### FREDERICK COUNTY FOOD BANKS:

**FREDERICK - (301-600-1506, Frederick Community Action Council, 100 South Market Street, Frederick, MD 21701)** Local mobile food bank serving Frederick's communities, Soup kitchen & shelter.

**BRUNSWICK – (301-834-8802, First United Methodist Church, 7 South Maryland Avenue, Brunswick, MD 21716)**

**EMMITSBURG – (301-447-3391, 502 East Main Street, Emmitsburg, MD 21727)**

**JEFFERSON – (301-834-7020, St. Paul's Lutheran Church, 3864 Jefferson Pike, Jefferson, MD 21755)**

**MIDDLETOWN – (301-371-7303, Community Building, 301 West Main Street, Middletown, MD 21769)**

**THURMONT – (301-271-7730, St John's Lutheran Church, Thurmont, MD)**

**WALKERSVILLE – (301-845-4229, Basement of Town Hall, 21 West Frederick Street, Walkersville, MD 21793)**

**Giant Food Online Grocery Shopping (301-695-4420).** Home delivery in many areas. Website: [www.giantfood.com](http://www.giantfood.com)

**Meals on Wheels (301-600-3524 c/o Dept. of Aging)** 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)** Access to assistive technology and rehabilitation equipment product and vendor information, customize products and one-of-a-kind items.

Website: [www.abledata.com](http://www.abledata.com)

**The Resource Network: A Project of Kennedy Krieger Institute (800-390-3372).** Offers information on developmental disabilities and resources in Maryland. Website: <http://resourcefinder.kennedykrieger.org>

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

## 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 Family Support Group (800-328-8476) (Frederick Chapter: 301-695-3676, Shawna Capotosto)**

**Epilepsy support group (301-387-7723, Abilities Network Epilepsy Foundation)**

**Families Plus (301-694-9002)** [familiesplus.org](http://familiesplus.org)

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

**Frederick County Health Department (301-600-1029).** Information.

**F.R.I.E.N.D.S. - Family Resource Information and Education Network for Down Syndrome.** For parents of children with Down Syndrome.  
Website: <http://www.friendsoffredco.org/>

**Learning Disabilities Association of Maryland (410-535-9679).** For parents of persons with learning disabilities. Website: [www.ldmaryland.org](http://www.ldmaryland.org)

**Learning Independence Through Computers (LINC) (410-659-5462, 2301 Argonne Dr., Baltimore, MD, 21218).** Provides opportunities for children and adults with disabilities to achieve independence and productivity in personal and community life. Serves people throughout Maryland. A referral through DORS (301-600-3075) is needed or by having a LINC membership. Website: [www.v-linc.org](http://www.v-linc.org)

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

**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).** 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.

**Mother’s Support Group (The Arc of Frederick County: 301-663-0909, ext 11, Morgan Chiti)** A support group for self-advocates to discuss challenges and successes experienced while parenting.

**Multiple Sclerosis Society (443-641-1200)**

**Muscular Dystrophy Association (888-484-7072)** Website: [www.mda.org](http://www.mda.org)

**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/ TTY: 410-448-7367)** 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. Website: [www.pact.kennedykrieger.org](http://www.pact.kennedykrieger.org)

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

**Parent Support Lunch Group (The Arc of Frederick County: 301-663-0909, ext 29, Amy Schlitzer):** Casual monthly support meetings for parents and caregivers of a child with a disability.

**Hispanic Parent Support Group (The Arc of Frederick County: 301-663-4449, ext 39, David Moreno)** For parents of children with disabilities, Spanish speaking.

**Partners for Success (240-236-8744)** Parent information and training.

**The Parents' Place of Maryland, Inc. (Voice and TDD: 410-768-9100).**

Support, information and referral sources to assist parents of children with disabilities. Website: [www.ppmmd.org](http://www.ppmmd.org)

**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.

**Sibshop (301-663-0909, Colette Hough, The Arc)** Sibshops are celebrations in which siblings of individuals with special needs can come to share experiences and gain peer support.

**Spina Bifida Association of Maryland (410-665-1543)**

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

**Up-County Family Support Center (301-600-7450).** 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).** Advocacy group for adults with developmental disabilities.

## 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 (301-600-2065, 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. Visit: [www.frederickcountymd.gov](http://www.frederickcountymd.gov)

#### **Frederick City Transit Reduced Fare Program (301-600-2065)**

**Transit (301-600-2065)** 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 – Ilva Richardson – E-mail: [lilva.richardson@fcps.org](mailto:lilva.richardson@fcps.org)

### 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. 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 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 toll-free: 888-791-0193.

### **2. New Directions Waiver**

New Directions will allow up to 100 people (during its first year) to direct their own services. Individuals wanting more control over their services and who are interested in taking more of a management role in their services are good candidates. A person in New Directions can get a whole array of services, including support services, supported employment and others. New Directions is for people living in their own homes or with their families. It will be available to people in all parts of the state. New Directions will begin on July 1, 2005. Everyone in New Directions will have an Individual Budget with assistance from a Fiscal Management Service (FMS) and a person called a Support Broker. Information about the Developmental Disabilities Administration, services, and eligibility is available on DDA's website: [www.ddamaryland.org](http://www.ddamaryland.org), or contact Denise Sutton 410-767-56-36 or your DDA Regional Office at 301-791-4670 or toll free: 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, 301-600-1605.