

CHARLES COUNTY RESOURCES

SENIORS



Maryland Access Point (MAP)-MAP is the gateway to long term services and supports in Maryland. MAP specialists work with caregivers, professionals, and all individuals with long term care needs to plan, identify, connect, and assist with accessing private and public resources for long term services and supports.

Long term services and supports include information on health, transportation, income, and financial aid, senior and community centers and clubs, nutrition and meals, pharmacy assistance, housing, volunteer opportunities, and more!

Contact Information: MD Number (1-844-627-5465), Charles County (1-855-843-9725), marylandaccesspoint.211md.org

MAP also offers **Options Counseling**, a service through which all individuals and their caregivers, plan and make informed decisions regarding their long term care. Trained, professional Options Counselors use a person-centered approach and support individuals with matching their needs, preferences, and values with services in their community, developing a personalized action plan, getting connected to resources, making referrals to appropriate agencies and planning for current and/or future needs. Options Counseling is a statewide program delivered by staff at the 20 local Maryland Access Point (MAP) sites.

Contact Information:
<https://aging.maryland.gov/Pages/maryland-access-point.aspx>:

When someone calls 1-844-MAP-LINK (1-844-627-5465), a 211 Maryland information and referral specialist will listen to their needs, identify local resources, and direct the caller with long-term and complex needs to their local MAP office for options counseling. The support from 211 Maryland adds an increased value to callers who can receive both a referral to the local MAP office and information about other resources, such as meals, assisted living, caregiver assistance and more.

Charles County Senior Centers-citizens 60 and older may access a variety of programs and services, including: Social/Recreational activities, Clubs, Special Events, Trips, Nutritious Lunches, Health and Screenings Programs, Health Scope/Visit the Nurse, Educational programs, Physical Fitness programs, Creative Arts, and Computer Lab/Classes. Centers are located in La Plata, Waldorf, Nanjemoy, and Indian Head.

Contact Information:
<https://www.charlescountymd.gov/services/aging-and-senior-services/senior-centers>