

RESOURCE DIRECTORY
FREDERICK COUNTY DIVISION OF AGING & INDEPENDENCE

Benefits offered by county, state, and federal resource programs. The following information provides income and asset eligibility effective July 1, 2024. These guidelines change annually. See <https://frederickcountymd.gov/4651/Resource-Directory-Blue-Book---English-V>.

COUNTY, STATE AND FEDERAL PROGRAMS

PROGRAM NAME	MONTHLY INCOME GUIDELINES	ANNUAL ASSET GUIDELINES	PROGRAM DESCRIPTION/CONTACT
Benefits Checkup	May have income and criteria guidelines	May have asset guidelines (checking/savings accounts, retirement, etc.)	Find programs that can help pay for prescription drugs, healthcare, meals, and utility bills. Benefitscheckup.org
Federal Poverty Income Guidelines	Individual: \$1,215 or less (\$14,580/year) Couple: \$1,643 or less (\$19,720 year)		
Maryland Energy Assistance Program	Individual: \$2,510 or less Couple: \$3,406 or less	No test	Provides assistance with costs related to heating and electric bills. (301) 600-2410/ (301) 600-1234
Supplemental Food Assistance Program (SNAP)	Individual: \$1,473 or less Couple: \$1,984 or less	Medical and housing deductions considered	Assists in paying for food. (301) 600-4575
Maryland Senior Prescription Drug Assistance Program (SPDAP)	Individual: \$3,645 or less (\$43,740/year) Couple: \$4,930 or less (\$59,160/year)	No test	State program that will help with Medicare drug plan premium. (800) 551-5995 (301) 600-1234
Medicare Prescription Drug Coverage (Part D) Low-Income Subsidy Extra Help	Individual: \$1,822 or less (\$21,864/year) Couple: \$2,487 or less (\$29,844/year)	Individual: \$17,220 Couple: \$34,360	Federal program that will help with costs associated with your Medicare prescription drug program. Apply online at ssa.gov or call MAP: (301) 600-1234
Community Options Waiver Community First Choice	Clients must meet both Medicaid financial and medical criteria.	No test	Assisted Living and in-home programs enable adults to remain in a community setting even though their physical condition or disability would warrant placement in a long-term care facility. (301) 600-1234
Community Personal Assistance Services	Clients must meet financial criteria and need assistance with at least 2 activities of daily living (ADLs).		Programs enable adults to remain in a community setting even though their physical condition or disability would warrant placement in a long-term care facility.

			(301) 600-1234
Medical Assistance (Medicaid)	Individual: \$350 Couple: \$392	Individual: \$2,500 Couple: \$3,000	Covers physicians, hospital, and prescription drug services. Requires documentation of disability. Individuals can "spend down" to this level to be eligible. (301) 600-4575
Qualified Medicare Beneficiary Program (QMB)	Individual: \$1,275 Couple: \$1,724	Individual: \$10,590 Couple: \$16,5630	State program that will pay Medicare Parts A&B premium and may pay some other costs. DSS: (301) 600-4575 MAP: (301) 600-1234
Specified Low-Income Medicare Beneficiary Program (SLMB)	Individual: \$1,715 Couple: \$2,230	Individual: \$10,590 Couple: \$16,630	State program that will pay Medicare B premium. DSS: (301) 600-4575 MAP: (301) 600-1234
Senior Care Program	Individual: \$4,112 Couple: \$4,700	Individual: \$11,000 Couple: \$14,000	Case-managed, in-home services program for individuals 65 and older, moderate to severely disabled. (301) 600-2635
Accessible Homes for Seniors	Household income cannot exceed 80% of the statewide or DC MSA median. Individual: \$63,000/yr Couple: \$72,360/yr	No asset test	Zero-interest loans to modify a home space for senior (65 or older) living. Loan payments are deferred to 30 years or until the sale or transfer of ownership of the home. If the senior resides in home of a relative, eligibility is based on the owner's income. Application available at www.mdhousing.org or call (800) 756-0119

ADULT DAY CARE

Program Name	Address	Phone	Website Addresses
Daybreak Adult Day Services, Inc.	7819 Rocky Springs Road, Frederick MD 21702	(301) 696-0808	director@daybreakadultdayservices.org www.daybreakadultservices.org
Unified Community Connections	5736 Industry Lane Frederick MD 21704	(301) 663-8700 (800) 826-6501	info@unified.org www.unified.org
Worldshine Adult Medical Day Center	110 Thomas Johnson Dr. Suite 150 Frederick MD 21702	(301) 378-2950	director@worldshineamdc.com www.worldshinecare.com

CRISIS SERVICES

Program Name	Address	Phone	Website Addresses
24-Hour Call Center Mental health Assoc.		(301) 662-2255 211, or 988	mha@fcmha.org www.fcmha.org
Beyond Shelter	27 DeGrange Street	(301) 631-2670	info@bsfred.org

	Frederick MD 21701		www.bsfred.org
Crisis Services City of Frederick	100 South Market Street Frederick MD 21701	(301) 600-1506	mott@cityoffrederickmd.gov www.cityoffrederickmd.gov/hhs
Frederick City Police Victim Services Unit	100 West Patrick Street Frederick MD 21702	(301) 600-1356	sboisclair@frederickmdpolic.org www.cityoffrederickcom/495/victim-services
Frederick County Sheriff's Office Victim Services Unit	110 Airport Drive East Frederick MD 21701	(301) 600-2164 Dial 911 for Emergency	www.frederickcosheriff.com/victim-services
Frederick Rescue Mission, Inc.	419 West South Street Frederick MD 21701	(301) 695-6633	info@therescuemission.org www.therescuemission.org
Heartly House, Inc.	PO Box 857 Frederick MD 21705	(301) 652-8800	info@heartlyhouse.org www.heartlyhouse.org
Seton Center Outreach and Family Store	226 East Lincoln Avenue Emmitsburg MD 21727	(301) 447-6102	setoncenterinc@doc.org www.setoncenter.org
St. Vincent De Paul Society St. John's Regional Conf.	114 East 2 nd Street Frederick MD 21702	(301) 662-4676	svdpfred@gmail.com
The Salvation Army	223 West 5 th Street Frederick MD 21701	(301) 662-2311	frerickmd@uss.salvationarmy.org www.frederick.salvationarmypotomac.org
Walk-in Crisis Care Center Mental Health Association of Frederick County	340 Montevue Lane Frederick MD 21702	(301) 663-0011	www.fcmha.org

DISABILITY SERVICES

Program Name	Address	Phone	Website Addresses
Frederick County Commission on Disabilities, Division of Aging & Independence	1440 Taney Avenue Frederick MD 21702	(301) 600-1234	www.frederickcountymd.gov/fccod
Scott Key Center	1050 Rocky Springs Rd Frederick MD 21702	(301) 600-1600	scottkeyemail@frederickcountymd.gov www.scottkeycenter.org
The ARC of Frederick County, Inc	620-A Research Court Frederick MD 21703	(301) 663-0909	info@arcfc.org www.arcfc.org
The Freedom Center, Inc.	1890 N Maret Street Suite 203 Frederick MD 21701	(301) 846-7811	accounting@thefreedomcenter-md.org www.thefreedomcenter-md.org

DOWNSIZING

Program Name	Address	Phone	Website Addresses
Graceful Transitions	5257 Buckeystown Pike Suite 143 Frederick MD 21704	(301) 799-4321	movewithus@gracefultransitions.org www.gracefultransitions.org
JK Moving Services	7561 Lindbergh Drive Frederick MD 20879	(571) 888-3108	Phil.philbin@jkmoving.com www.jkmoving.com
Stress Free Solutions, LLC	7313 Grove Road Unit B Frederick MD 21704	(301) 280-0170	ksmith@stressfreesolutions.com www.stressfreesolutions.com
We Help U Move	8042 Reich's Ford Rd	(301) 620-1169	info@wehelpumove.com

	Frederick MD 21704		www.wehelpumove.com
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ENERGY ASSISTANCE

Office of Home Energy Programs, Frederick City DHHS	PO Box 3929 Frederick MD 21705	(301) 600-2410	ohep@cityoffrederickmd.gov hhs.cityoffrederickmd.gov
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FINANCIAL ASSISTANCE

Program Name	Address	Phone	Website Addresses
Internal Revenue Service Taxpayer Assistance Center	201 Thomas Johnson Dr. Frederick MD 21702	(301) 228-2838	Apps.irs.gov/app/office-locator
SOAR (Supporting Older Adults thru Resources)	PO Box 1603 Frederick MD 21702	(240) 575-9665	info@soarfrederick.org www.soarfrederick.org
Social Security Admin (SSI)	5340 Spectrum Drive Frederick MD 21703	(866) 331-7089	www.ssa.gov

MEDICAL ASSISTANCE PROGRAM (MEDICAID), DSS

Program Name	Address	Phone	Website Addresses
Department of Social Services	1888 North Market Street Frederick MD 21701	(301) 600-4575	Fcdss.fia@maryland.gov www.mymdthink.maryland.gov
SSA Medicare	5340 Spectrum Drive Frederick MD 21703	(866) 331-7089	www.medicare.gov
State Health Insurance Senior Medicare Patrol Frederick County Div of Aging & Independence	1440 Taney Avenue Frederick MD 21702	(301) 600-1234	dia@frederickcountymd.gov www.frederickcountymd.gov/304/medicare-SHIP

HEALTH SERVICES

Program Name	Address	Phone	Website Addresses
Adult Evaluation and Review Services Frederick County Health Department	350 Montevue Lane Frederick MD 21702	(301) 600-1736	Dgrove@frederickcountymd.gov www.frederickcountymd.gov/healthdepartment
Alzheimer's Assoc.	502 Washington Avenue, Suite 300 Towson MD	(410) 561-9099	irosenthal@alz.org www.alz.org/Maryland
Amber Hill Therapy Centers	187 Thomas Johnson Drive, Suite 6 Frederick MD 21702	(301) 663-1157	rfeiser@amberhillpt.com www.amberhillpt.com
Community Health Center, DHHS	100 South Market Street Frederick MD 21701	(301) 600-1393	www.cityoffrederickmd.gov/hhs

Healthwell Foundation	PO Box 489 Buckeystown MD 21717	(800) 675-8416	grants@healthwellfoundation.org www.healthwellfoundation.org
Home and Community-Based Services	1440 Taney Avenue Frederick MD 21702	(301) 600-1234	dai@frederickcountymd.gov www.frederickcountymd.gov/310/
Home Helpers Home Care	1101 Opal Court Suite 105 Hagerstown MD 21740	(240) 452-4650	Wecare4u@homehelpershomecare.com https://homehelpershomecare.com/hagerstown-frederick/
Maryland Senior Call Check		(866) 502-0560	Aging.maryland.gov/pages/senior-call-check.aspx
Mason-Dixon Mobile Medicine	723 N Market Street Suite 207 Frederick MD 21701	(240) 397-6723	info@masondixonmed.com www.masondixonmed.com
Mission of Mercy	22 S Market Street Suite 6D Frederick MD 21701	(301) 682-5683	main@amissionofmercy.org www.amissionofmercy.org
Therapy in Motion		(301) 541-8713	hali@therapyinmotionllc.org www.therapyinmotionllc.org

HOUSING OPTIONS/ASSISTED LIVING

Program Name	Address	Phone	Website Addresses
Azalia Assisted Living	5135 Charlinton Court Frederick MD 21703	(301) 363-3900	
Carepatrol of Central MD & Loudoun VA		(240) 566-5900	centralmd@carepatrol.com
Country Meadows of Frederick	5955 Quinn Orchard Rd Frederick MD 21704	(301) 228-2249	frederick@countrymeadows.com www.countrymeadows.com
Heartfields Assisted Living at Frederick	1820 Latham Drive Frederick MD 21701	(301) 633-8800	Heartfieldsatfrederickassistedliving.com
Oasis Senior Advisors	32 Ashley Way Myersville MD 21773	(240) 866-0064	osateam@youroasisadvisor.com www.oasissenioradvisors.com/frederick
OWL Be There of Frederick & Loudoun	7820B Wormans Mill Rd Suite 355, Frederick MD 21701	(240) 623-7632	Kc.ryerson@owlbethere.com https://owlbethere.com/
Record Street Home	115 Record Street Frederick MD 21701	(301) 663-6822	www.recordstreethome.org
Silverado Frederick	8401 Gas House Pike Frederick MD 21701	(240) 693-3070	Lindsey.mccormick@silverado.com www.silverado.com/locations/frederick
Somerford House & Place	2100 Whittier Drive Frederick MD 21702	(301) 668-3930	www.somerfordhousefrederick.com
Spring Arbor of Frederick	6601 English Muffin Way Frederick MD 21703	(301) 732-7555	frdkreception@springarborliving.com www.springarborliving.com/md/
Sunrise Senior Living	990 Waterford Drive Frederick MD 21702	(301) 663-9500	Frederick.dos@sunriseseniorliving.com www.sunrisefrederick.com
Sunset Ridge Assisted Living	7021 Rock Creek Drive Frederick MD 21702	(240) 422-6252	Maria.marfori@yahoo.com www.sunsetridgeassistedliving.com
Tranquility Assisted Living & Memory Care	6441 Jefferson Pike Frederick MD 21703	(301) 668-6030	Bridget.keefe@tranquility-frederick.com www.tranquility-frederick.com
Village Crossing at Worman's Mill	2480 Waterside Drive Frederick MD 21701	(240) 651-5637	Villagecrossing.marketing@sagelife.com www.villagecrossingatwormansmill.com

HOUSING OPTIONS/LONG-TERM CARE

Program Name	Address	Phone	Website Addresses
Autumn Lake Healthcare at Ballenger Creek	347 Ballenger Center Dr Frederick MD 21703	(301) 663-5181	autumnlakeballengercreek.com
Autumn Lake Healthcare at Braddock Heights	6012 Jefferson Blvd Frederick MD 21703	(301) 371-7160	www.autumnlakebraddockheights.com
Autumn Lake Healthcare at Glade Valley	56 W Frederick Street Walkersville MD 21793	(301) 898-4300	www.autumnlakegladevalley.com
Charlotte Hall Veterans Home	29449 Charlotte Hall Rd Charlotte Hall MD 20622	(301) 884-8171	admissions@charhall.org www.charhall.org
Citizens Care and Rehab Center	1920 Rosemont Avenue Frederick MD 21702	(240) 772-9200	apadilla@citizensnf.com www.citizenscarefrederick.com
Copper Ridge Nursing & Assisted Living Center	710 Obrecht Road Sykesville MD 21784	(410) 795-8808	Copperridgecenter.com
Frederick Health and Rehab enter	30 North Place Frederick MD 21701	(301) 695-6618	www.savaseniorcare.com
Northampton Manor Nursing & Rehab Center	200 East 16 th Street Frederick MD 21701	(301) 662-8700	www.northamptonnursingandrehab.com

IN-HOME SERVICES

Program Name	Address	Phone	Website Addresses
Amada Senior Care	301 E Patrick Street Suite 100 Frederick MD 21701	(301) 850-1725	Rich.f@amadaseniorcare.com www.amadamidmaryland.com
Assisting Hands Home Care	328 W Patrick Street Frederick MD 21701	(301) 7989-9030	info@assistinghandsfrederick.com www.assistinghandsfrederick.com
Baker Rehab Group	197 Thomas Johnson Dr, Suite B Frederick MD 21702	(301) 662-1997	info@bakerrehabgroup.com www.bakerrehabgroup.org
Better Care, Inc.	Walkersville MD 21793	(301) 693-7131	bettercareagency@gmail.com
Comfort Keepers	340 W Patrick Street Frederick MD 21701	(301) 340-0100	anigibson@comfortkeepers.com
First Care Nursing Services	7310 Grove Road Suite 202 Frederick MD 21704	(301) 682-3632	firstcarenursingservices@gmail.com
Fox Rehabilitation		(301) 904-2773	Beth.brouillard@foxrehab.org www.foxrehab.org
Frederick Health Home Care	1 Frederick Health Way Frederick MD 21701	(240) 566-3568	Frederickhealth.org
Frederick Health Hospice	1 Frederick Health Way Frederick MD 21701	(240) 566-3030	Frederickhealthhospice.org
Healthy Home Living Solutions Inc	7940 Marker Road Middletown MD 21769	(301) 857-7343	terri@healthyhomelivingsolutions.com https://healthyhomelivingsolutions.com/
Homecall/LHC Group	5301 Buckeystown Pike Frederick MD 21704	(240) 215-4668	www.lhcgroup.com

Homecentris Personal Care	198 Thomas Johnson Drive Suite 10 Frederick MD 21792	(240) 236-9855	www.homecentris.com
Right at Home	340 E Patrick Street Suite 103 Frederick MD 21701	(301) 696-1122	emclaughlin@rahmd.net www.rightathome.net/centralmd

LEGAL SERVICES

Program Name	Address	Phone	Website Addresses
Consumer Protection Div. Office of AG		(410) 528-8662	consumer@oag.state.md.us www.marylandattorneygeneral.gov
Maryland Legal Aid	22 S Market Street Suite 11 Frederick MD 21701	(301) 694-7414	lmunley@mdlab.org www.mdlab.org

MENTAL HEALTH SERVICES

Program Name	Address	Phone	Website Addresses
Behavioral Health Services	350 Montevue Lane Frederick MD 21702	(301) 600-1755	bhs@frederickcountymd.gov http://www.frederickcountymd.gov/bhs

NUTRITION SERVICES

Program Name	Address	Phone	Website Addresses
Community Table/Food Banks	100 S Market Street Frederick MD 21701	(301) 600-1506	www.cityoffrederickmd.gov/hhs
Groceries for Seniors	1440 Taney Avenue Frederick MD 21702	(301) 600-1234	dai@frederickcountymd.gov www.frederickcountymd.gov/dai

TRANSPORTATION

Program Name	Address	Phone	Website Addresses
Partners in Care MD	5 Willowdale Drive Suite B1 Frederick MD 21702	(301) 682-7433	picfred@partnersincare.org www.partnersincare.org
United Way of Frederick – Transportation	629 N Market Street Frederick MD 21702	(301) 663-4231	info@uwfrederick.org www.unitedwayfrederick.org