



January 15, 2012

The Honorable Thomas V. Mike Miller, Jr.  
President of the Senate  
State House  
Annapolis, Maryland 21401-1991

The Honorable Michael E. Busch  
Speaker of the House  
State House  
Annapolis, Maryland 21401-1991

**RE: 2012 Maryland Caregivers Support Coordinating Council Annual Report**

Dear President Miller and Speaker Busch:

I am pleased to provide you with the enclosed copy of the 2012 Maryland Caregivers Support Coordinating Council Annual Report in accordance with the requirements of Human Services Article §7-305. The Maryland Caregivers Support Coordinating Council (MCSCC) is required to report annually on its activities to the Governor and the General Assembly. As a member of the Council, the Department of Human Resources (DHR) is pleased to have worked collaboratively with the MCSCC to report on our improved statewide plan to provide services to family care and respite care providers throughout Maryland.

As described in the enclosed report, the MCSCC advocates for, and aims to be a resource for, all caregivers across the state. Since its inception, DHR has provided staff for the Council, which meets monthly in Annapolis. We intend to strengthen our existing partnership with the MCSCC by continuing to staff the Council, in addition to dedicating resources to assist in the expansion of supportive services provided to caregivers.

We appreciate your continued support of our coordinated initiatives and thank you for your time and consideration. If you should have any further questions or require additional information, please contact me at 410-767-7109 or Allyson Black, Executive Director of Government, Corporate and Community Affairs at 410-767-6586.

Sincerely,

Theodore Dallas  
Secretary



**MARYLAND  
CAREGIVERS  
SUPPORT  
COORDINATING  
COUNCIL**

**Elizabeth Weglein, Chair**

Maryland Respite Care Coalition, Inc. (MRCC)

**Carol S. Allenza**

MD Coalition of Families for Children's Mental Health

**Laleh Alemzadeh Hancock**

Caregiver

**Connie Marth**

Delmarva Community Services

**Kelli Meginnis Cummings**

Maryland Department of  
Disabilities

**April Seitz**

Social Services Administration  
DHR

**Terri Williams**

Maryland Department of Aging

**Joan Smith**

Mental Hygiene Administration  
DHMH

**Patricia Sollock**

Caregiver

**Lynn Hewitt Towle**

Caregiver

**Carolyn True**

Frederick County Department of Aging

**Mary D. Johnson**

Center for Maternal and Child Health  
DHMH

**Sequaya Tasker**

Developmental Disabilities Administration  
DHMH

**Brooke Kaiser**

Easter Seals Greater Washington-Baltimore Region

**Ginger Miller**

Caregiver

**Rhonda Ulmer**

Caregiver

**Dorinda A. Adams**

Social Services Administration  
DHR, Staff to Council

December 12, 2012

The Honorable Martin O'Malley  
Governor of the State of Maryland  
The State House  
100 State Circle  
Annapolis, Maryland 21401

Dear Governor:

The Maryland Caregivers Support Coordinating Council (MCSCC) is the state's formal voice for the informal caregiver. The Council was created during the 2001 session of the General Assembly. The purpose of the Council is to coordinate statewide planning, development, and implementation of family caregiver support services for all ages, especially respite care.

Council membership is composed of Governor Appointees representing state agencies, caregivers, service providers, and advocacy groups. The Department of Human Resources provides staff to the Council. The Council meets in person the first Thursday of every month in Annapolis from 10:30 AM to 12:30 PM.

The Council values your concerns and interests as they relate to the needs of caregivers. The Council believes that caregiver issues need to be included in the Governor's initiatives for our citizens. We are concerned Maryland ranks 34<sup>th</sup> in Caregiving programs in the nation. We believe we can improve this important number with your help by expanding our Caregiving program budgets.

In 2012, the Council is focused on caregiving issues through four main venues:

- Advocating for Families and Individuals of all Ages
- Coordinating Information and Support Systems
- Building Public Awareness
- Supporting the National Lifespan Respite Care Act

We would appreciate your support of our initiatives.

Thank you for your time and consideration. If you have any questions, please contact Dorinda Adams, Staff to the Council at 410-767-7323 or via email at [Dadams@dhr.state.md.us](mailto:Dadams@dhr.state.md.us).

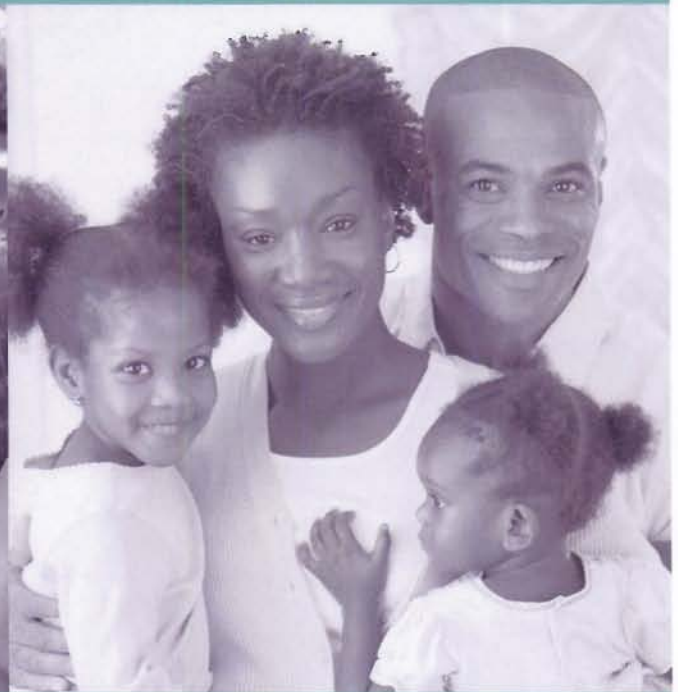
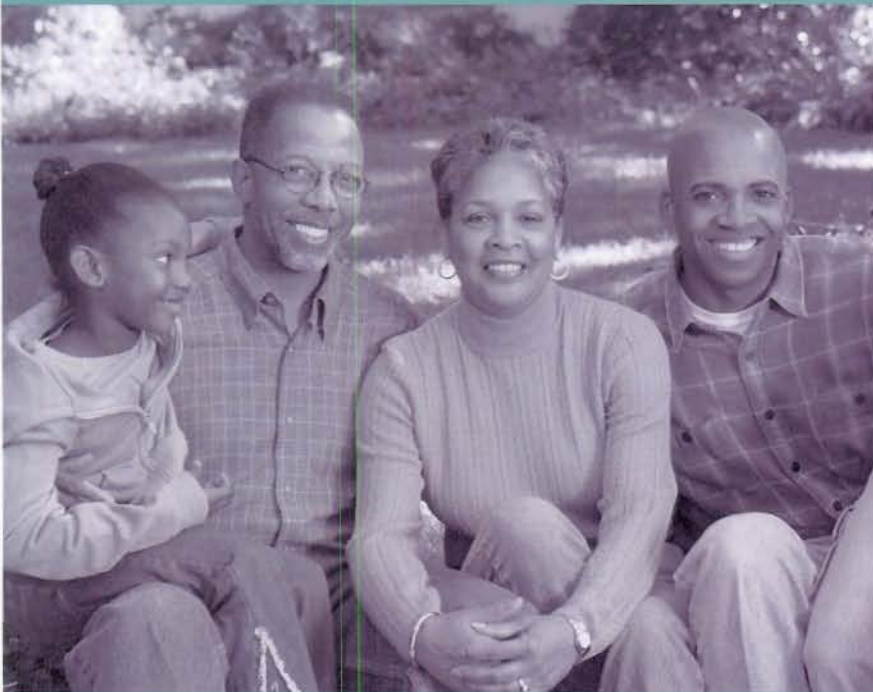
Sincerely,



Elizabeth Weglein, Council Chair



**2012 Annual Report**  
*Maryland Caregivers Support Coordinating Council*  
*(Human Services § 7-305)*  
**January 15, 2013**



Martin O'Malley, Governor

Anthony G. Brown, Lt. Governor

Theodore Dallas, Secretary

---

## Introduction

---

The Department of Human Resources and the Maryland Caregivers Support Coordinating Council hereby submit this report in accordance with Human Services Article §7-305(b) of the Maryland Annotated Code, which states:

*“The Council shall report annually on its activities to the Governor and, subject to § 2-1246 of the State Government Article, the General Assembly.”*

---

## History

---

During the 2001 legislative session, the Maryland General Assembly enacted legislation establishing the Maryland Caregivers Support Coordinating Council (MCSCC). The 17 members of the Council each serve three-year terms. Council members represent the various State, public, and private agencies that provide caregiver support services. Other members include the Maryland Respite Care Coalition, consumers, family caregivers, and advocates that have an interest or expertise in resources for the informal, family caregiver.

---

## Goals and Primary Focus Areas

---

MCSCC acts on the behalf of the Governor to improve support services for unpaid, informal caregivers in the state of Maryland. In addition, MCSCC works with the Social Services Administration of the Department of Human Resources (DHR) to develop and implement its statewide supportive services program for family caregivers. The overall goals of the Maryland Caregivers Support Coordinating Council are:

1. Empowering the family caregiver,
2. Advocacy related to options for family caregivers, and
3. Promoting policies that support family caregivers.

As we move forward with our efforts, MSCSS will specifically focus on developing supports to address the need to plan for the future caregiving needs of individuals as family caregivers age, developing partnerships that address the needs of family caregivers of veterans and active military families (which involve various programs throughout Maryland), as well as creating viable partnerships with organizations and individuals to enhance our ability to meet our legislative responsibilities.

---

## Accomplishments

---

Moreover, the MCSCC has implemented an integrated approach to facilitate outreach and collaboration in order to enhance our services to caregivers. The following summary highlights our accomplishments:

- A “*Planning for Life Guide*” was developed in partnership with the Developmental Disabilities Administration of the Department of Health and Mental Hygiene to support family caregivers as they age. This year, the Guide was made available to the public through distribution by Council members, posting on the Council’s website<sup>1</sup>, and distribution at presentations and conferences. (See Attachment 1)
- Invited the AARP Public Policy Institute to present at a Council meeting in order to develop and strengthen the Council’s partnership with AARP Maryland, and educate Council members on AARP Maryland’s caregiving activities and initiatives.
- The Council began planning for a Caregiving Summit focusing on Caregiving for Veterans and Active Duty Military, to be held in the Spring of 2013.
- The Council has reached out to include its partners in planning the Caregiving Summit focusing on Caregiving for Veterans and Active Duty Military. The partnerships include Veterans, National Multiple Sclerosis Society National Capital Chapter, AARP Maryland and Anne Arundel County Department of Aging. Additional partners that have expressed an interest are the VA at Baltimore and Walter Reed Hospital.
- The Council continued to work on the Caregiver Story Video Project with the Office of Communications within the Department of Human Resources. A second video is being edited for wider distribution and will focus on family caregivers of multiple generations and disability type. Upon completion of the video, the Council plans to use it as a potential multi-media press release to raise general public awareness to the universality of family caregiving.
- The Council successfully collaborated with the Office of Communications at the Maryland Department of Human Resources to begin to enhance the Council’s web presence and develop a plan to expand the Council’s use of social media to include outreach via Twitter and Facebook. This will be a priority for the Council in 2013 in an effort to effectively reach more family caregivers and partnerships.
- The Council issued a press release during National Family Caregiver Month that not only included acknowledging the month but also led individuals and organizations to review the Council’s website for resources that may support them as family caregivers, or as supporters of family caregivers. (See Attachment 2)
- The Council invited the Job Opportunities Task Force prepare a presentation on the Earned Sick and Safe Time Act (which would establish a paid sick day standard for Maryland) at the December Council meeting. The presenter provided

---

<sup>1</sup> The Council’s homepage may be accessed at: [http://www.dhr.state.md.us/blog/?page\\_id=4563](http://www.dhr.state.md.us/blog/?page_id=4563)

research that addressed the positive impact this would have for family caregivers and asked the Council to consider being a supporter of this legislation. The Council will follow-up on this issue in the coming year.

- The Council provided outreach support upon request via Council member presentations at conferences and other training and outreach venues.

---

## CONCLUSION

---

MCSCC is constantly assessing our formal partnerships and reaching out to new partners, as well as reviewing relationships within the Council to ensure that we represent and addresses issues of caregivers across lifespan and disability type. The Maryland Caregivers Support Coordinating Council remains confident that through its network of partners, including the Department of Human Resources, we will continue to actively pursue any available resources for our initiatives.

# **Attachment 1**



## Resources

---

**Maryland Caregiver Support Coordinating Council** -- The purpose of the Council is to coordinate statewide planning, development, and implementation of family caregiver support services.  
Web site: <http://dhr.maryland.gov/oas/mcsc/index.php>

**Mental Hygiene Administration (MHA)** -- information on public mental health services to children and adults.  
Phone: 1-800-888-1965 (toll free)  
Web site: <http://dhmh.maryland.gov/mha>

**Developmental Disabilities Administration (DDA)** -- information on services and supports to children and adults with intellectual and developmental disabilities.  
Phone: 1-877-463-3464 (toll free) or 410-767-5600  
Web site: [www.ddamaryland.org](http://www.ddamaryland.org)

**Alcohol and Drug Abuse Administration (ADAA)** -- maintains a resource directory for certified programs in Maryland.  
Phone: 410-402-8600  
Web site: <http://adaa.dhmh.maryland.gov>

**Maryland Medical Programs** -- description of many of the programs and services available, with information on how and where to apply for benefits including Medicaid.  
Web site: <http://mmcp.dhmh.maryland.gov/SitePages/Home.aspx>

**Maryland Department of Disabilities (MDOD)** -- information and links to services including housing, employment, transportation and benefit counseling for people with disabilities.  
Phone: 1-800-637-4113 (toll free)  
Web site: [www.mdod.state.md.us](http://www.mdod.state.md.us)

**Maryland Department of Aging (MDOA)** -- information on services and benefits for seniors.  
Phone: 410-767-1100  
Web site: [www.aging.maryland.gov](http://www.aging.maryland.gov)

**Department of Human Resources (DHR)** -- information on services available to vulnerable children and adults, coordinated through local Departments of Social Services.  
Phone: 1-800-332-6347  
Web site: [www.dhr.state.md.us](http://www.dhr.state.md.us)

**Maryland Division of Rehabilitation Services (DORS)** -- programs and services that help people with disabilities go to work or stay independent in their homes and communities.  
Phone number: 888-554-0334 (toll free)  
Web site: [www.dors.state.md.us](http://www.dors.state.md.us)

**Transitioning Youth Website for Students with Disabilities** -- The Maryland Transitioning Youth Website provides information and resources on transition planning for youth with disabilities and their families.  
Web site: [www.mdtransition.org](http://www.mdtransition.org)

**Maryland Access Point (MAP)** -- A website that provides information on long-term and short-term supports and services throughout Maryland's communities.  
Web site: [www.marylandaccesspoint.info](http://www.marylandaccesspoint.info)

**Maryland Developmental Disabilities Council** -- a public policy organization that advocates for the inclusion of people with developmental disabilities in all facets of community life. The Council publication *Planning Now: A Futures and Estate Planning Guide for Families of Children and Adults with Developmental Disabilities* may be obtained on their website, [www.md-council.org](http://www.md-council.org) or by calling 410-767-3670.

The services and facilities of the Maryland Department of Health and Mental Hygiene (DHMH) are operated on a non-discriminatory basis. This policy prohibits discrimination on the basis of race, color, sex or national origin and applies to the provisions of employment and granting of advantages, privileges, and accommodations.

The Department, in compliance with the Americans with Disabilities Act, ensures that qualified individuals with disabilities are given an opportunity to participate in and benefit from DHMH services, programs, benefits, and employment opportunities.



---

# Planning for Life

---

## Tips and Resources for Caregivers

---

Sponsored by  
**Maryland Caregiver Support  
Coordinating Council (MCSCC) and  
Maryland Department of Health and  
Mental Hygiene (DHMH)**



Martin O'Malley, Governor  
Anthony G. Brown, Lt. Governor  
Joshua Sharfstein, M.D., Secretary, DHMH

**Are you the primary parent, spouse, sibling, or person responsible for the care of someone with a disability?**

Do you worry about what will happen when you are no longer able to care for their needs?

Whether due to your advanced age or health, without your care, what will their life look like?

If you are hospitalized, who will assist them?

Who will help them when you die?

What are their own plans and goals for life?

Caregivers who are primarily responsible for a person with a developmental or intellectual disability, mental illness or a substance use disorder, may find it difficult to answer these questions. You may not be able to envision what the future holds for your family member with a disability. Thoughtful planning -- that involves the person -- helps to ensure they have the services and supports to meet their preferences and needs. Should an emergency occur, good planning can help alleviate disruptions.

**The resources in this pamphlet can help you begin the planning process.**

Points to consider while planning:

- Use the resources available to help with planning -- many resources are listed on the back of this brochure.
- The person and their caregiver(s) need to be actively involved in the planning process.
- Be sure that the person's preferences are part of the plan.
- A complete plan includes:
  - o Living situation
  - o Employment/Day services
  - o Finances/Legal
  - o Medical
  - o Life transitions
  - o Social and Recreational preferences
  - o Appointing an alternate family member



- The plan should address both short- and long-term needs, including emergencies, such as the illness of the caregiver.
- People's needs and preferences change over time, so review the plan periodically or when there is a transition in the person's life (i.e. medical needs, living situation, finances change).
- Explore all available resources and supports, including government programs, as well as local supports such as neighbors, church members, friends, etc.
- Local, State and Federal programs may have waiting lists; ask questions about how the list is maintained and any guidelines for updating your application.
- Seek assistance from family, friends, and peers. They may have experience or knowledge that can help.
- Consult with professionals such as:
  - o Case managers/social workers
  - o Health care providers
  - o Lawyers/financial planners
  - o Educators
  - o Advocacy groups
  - o Government agencies
- Do not hesitate to ask questions. Take notes so that you can refer to them as needed.
  - Organize. Keep copies of all correspondence, evaluations and documents. Be sure that someone knows where the information is kept.

# **Attachment 2**



Contact: Brian Schleiter

Cell: (443) 253-4204

Desk: (410) 767-8944

[bschleiter@dhr.state.md.us](mailto:bschleiter@dhr.state.md.us)

## November is National Family Caregivers Month

*A Time to Thank Caregivers and Help Connect Them with Support & Services*

BALTIMORE, MD (November 15, 2012) – This month, the Maryland Department of Resources and the Maryland Caregivers Support Coordinating Council will celebrate National Family Caregivers Month.

National Family Caregivers Month honors the millions of family members, neighbors and friends who commit to providing care to a relative or a friend with a long-term, chronic or disabling condition or illness. This month will also help to raise awareness of the issues a family caregiver may face, to educate family caregivers about self-identification, and to increase support for family caregivers.

More than 65 million caregivers, almost one-third of the U.S. adult population, play the caregiver role in households across America, providing care to someone who is ill, disabled or aged. Although these incredible individuals tend to identify themselves as spouses and partners, parents, siblings, daughters and sons, or friends, National Family Caregivers Month is also an opportunity to have them recognize themselves as caregivers and the importance of establishing support systems for their role.

The main reasons that individuals are in need of care are aging, Alzheimer's disease, mental/emotional illness, cancer, heart disease and stroke. The list of illnesses/problems for which children need care is quite different. It is led by ADD/ADHD, autism, mental/emotional illness, and developmental delay/intellectual disability.

**Family caregivers provide an estimated \$450 billion worth of uncompensated care to loved ones annually.** In addition, according to the Family Caregiver Alliance, unpaid family caregivers will likely continue to be the largest source of long-term care services in the U.S.

The Maryland Caregivers Support Coordinating Council coordinates statewide planning, development, and implementation of family caregiver support services. For more information visit our website at [http://www.dhr.state.md.us/blog/?page\\_id=4563](http://www.dhr.state.md.us/blog/?page_id=4563)

*For additional information regarding the Maryland Caregivers Support Coordinating Council or family caregiver supports, please contact Dorinda Adams, staff to the Council, at 410-767-7323, or via e-mail at [dadams@dhr.state.md.us](mailto:dadams@dhr.state.md.us), or Lauren Averella, MSW Intern, at 410-767-7736, or via e-mail at [laverell@dhr.state.md.us](mailto:laverell@dhr.state.md.us).*

###