

Alternatives to Guardianship (Part 4): Assistance with Personal Needs

Hi there. If you or someone you know needs help with their personal needs, this video is for you. There are formal and informal options available to assist with food, housing, social activities, education, recreation, and more. These options are important because we all do best when we are in our own homes and around people we love and who care about us. We also do best when we are independent. Sometimes being independent means getting a little extra support so a person can thrive in their own community.

Start by identifying needs and exploring options.

CHAPTER HEADING: IDENTIFYING NEEDS AND EXPLORING OPTIONS

Some needs are easy to address. For example, if you or the person you care for has trouble making it to the store, would a grocery or prescription delivery service, or ridesharing App help? Can a network of family or friends provide transportation or make deliveries?

Be creative. Research programs, technology, and services in your area. Talk with the person who needs support. Ask them what they want. Help them understand options and respect their choices.

Also , look into government and private programs.

CHAPTER HEADING: GOVERNMENT AND PRIVATE PROGRAMS

There are many that-provide support for people with disabilities or older adults. These programs can help you or the person you care for live safely at home or in the community. Assistance is available for things like cooking, cleaning, dressing, bathing, walking, laundry, and even managing finances. There are also programs that assist with medications, transportation, and housing. Case managers can help coordinate in-home assistance and support services. A person does not need a guardian to ask for these services. Anyone can apply. A local Maryland Access Point or “MAP” location can help you find services and supports in your area. Call 1-844-627-5465 to find your local MAP office.

Take some time to consider all the options. A little bit of help can go a long way. Thanks for watching.