



Your Area Agency on Aging

Services Guide



MAC (Maintaining Active Citizens) is the **Area Agency on Aging** for Maryland's Lower Eastern Shore, including Dorchester, Somerset, Wicomico, and Worcester counties.



MAC's mission is to assist and advocate for an aging population to live with dignity and thrive in their homes and communities.

We connect residents to services like home-delivered meals, senior centers, classes, in-home assistance, health and benefits counseling, caregiver support, and more.

MAC has been a cornerstone of services for older adults on Maryland's Lower Eastern Shore since 1972. Established as one of the nation's original Area Agencies on Aging under the Older Americans Act, MAC was created to identify the needs of older residents and connect them with vital resources and support.

For more than five decades, MAC has played a critical role in strengthening communities across the Lower Eastern Shore by providing programs for older adults. Through innovative programs and partnerships, MAC has become a trusted leader in aging services, helping thousands of seniors remain active, healthy, and connected while aging in place.





Not sure where to start?

Try Maryland Access Point!

Maryland Access Point (MAP)

MAP promotes independence, personal choice, and streamlined access to long-term support services to help older adults, individuals with disabilities, and their supporters remain active and engaged in the community as long as possible. Through free, one-on-one assistance, MAP specialists help individuals and caregivers understand options, plan, and navigate public and private long-term care systems. MAP also assists with identifying services, applying for programs, and accessing resources that support living safely and independently at home or in the community.

Wicomico County - 410-742-0505

Worcester County - 410-632-9915

Somerset County - 410-651-0020

Dorchester County - 410-221-1930

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Assistive Technology

The Assistive Technology Center at MAC, located within the Caregiver Resource Center, offers a wide range of devices to help seniors remain safe, independent, and dignified in their homes. While the center does not sell equipment, staff provide personalized guidance, recommend purchasing options, and help identify potential funding sources for those who need financial assistance.

Cancer Support Services

Cancer Survivor programs offer free support to individuals with a past or current cancer diagnosis, and caregivers are welcome to participate. The program focuses on helping people manage the effects of cancer through nutrition, physical activity, support services, and connections to community resources that promote recovery and quality of life.

CAPABLE (Community Aging in Place, Advancing Better Living for Elders)

This program helps older adults remain in their own homes through a team-based approach that includes an occupational therapist, registered nurse, and handyman or licensed contractor. Participants receive personalized assessments, goal-based action plans, health and safety support, and minor home modifications designed to improve daily functioning and reduce barriers to independence. The program serves eligible adults age 62 and older who have difficulty with daily activities and meet specific housing, health, and income requirements.

Community Transition Care Program (CTC)

The Community Transition Care (CTC) program supports older adults and adults with disabilities as they transition from a hospital back into the community, helping prevent nursing home placement and re-hospitalization through person-centered planning and coordinated services. Eligible individuals in Dorchester, Wicomico, Somerset, or Worcester Counties must be age 60 or older or enrolled in Medicare, Medicaid, or both, and receive follow-up support for up to 120 days after discharge.

Connections Senior Centers

Connections Senior Activity Centers in Wicomico County provide a welcoming, engaging space where older adults can stay active, connected, and involved in their community. Participants enjoy a wide range of programs that support health, wellness, and independence while fostering friendship, learning, and fun. Activities include nutritious meals, fitness classes, games, arts and crafts, educational programs, entertainment, live performances, and special events. Participation is free with suggested daily meal donations, limited transportation is available through Shore Transit, and the program is designed for seniors who can independently manage daily activities with little or no assistance.

Guardianship

Adult public guardianship is a legal process in which a court determines that an individual age 65 or older has severe disabilities that impair decision-making capacity, require protection, and have no less restrictive alternative. In these cases, the Executive Director of the Area Agency on Aging may serve as guardian of last resort and make decisions regarding living arrangements, medical care, and personal associations.

GUIDE (Guiding an Improved Dementia Experience)

This program is a federally supported service that provides comprehensive, person-centered care and support for individuals with dementia and their caregivers. It offers no-cost services for eligible Medicare beneficiaries, including personalized care plans, caregiver education, ongoing care coordination, and up to \$2,625 annually for respite care. The program is designed to enhance quality of life, reduce caregiver stress, and help families confidently navigate the challenges of dementia care.

In-Home Services

These services are designed to help older adults remain safe, independent, and comfortable in their own homes by providing personalized support based on individual needs. Services may include assistance with daily activities, care coordination, and connections to vital resources that promote health and well-being. By addressing both practical and social needs, these supports help reduce isolation and strengthen each person's ability to age in place with dignity.

Life Bridges Dementia Day Program

Life Bridges is designed to enhance the quality of life for individuals living with Alzheimer's disease or other forms of dementia while providing meaningful support for their caregivers. Located in a secure, specially designed setting, the program offers a warm, welcoming environment with engaging, person-centered activities that encourage socialization, creativity, and connection. Participants enjoy a safe and stimulating atmosphere tailored to their individual needs. The program is ideal for individuals who enjoy social interaction, have minimal risk of wandering, and can perform daily activities with little or no assistance, helping them remain active, connected, and engaged in a supportive community.

Meals on Wheels

Meals on Wheels is a home-delivered meals program that supports homebound adults age 60 and older who are unable to shop for or prepare meals due to illness or physical disability, helping them maintain health and age in place. In addition to delivering a daily meal, staff provide an important safety check for frail seniors living alone, ensuring regular contact in case of emergencies. Meal delivery also helps reduce isolation and connects seniors to other community resources, with eligibility focused on those living alone without reliable assistance.

Meals on Wheels Loves Pets

Pets provide vital companionship that supports the physical and mental well-being of homebound seniors, yet caring for them can be challenging due to financial and physical limitations. To help address this need, the Salisbury Maryland Kennel Club and its Charitable Trust have partnered with MAC's Meals on Wheels program to support seniors in caring for their pets. Through the Meals on Wheels Loves Pets program, eligible Meals on Wheels recipients living in Wicomico County can receive assistance with pet food to help them keep their beloved companions.

National Family Caregiver Support Program

This program helps family and informal caregivers care for loved ones at home for as long as possible by providing free, coordinated support services through state and community partners. MAC's program offers information, counseling, respite care, training, and limited supplemental services to eligible caregivers, helping reduce stress and delay the need for institutional care.

Ombudsman

The Ombudsman at MAC advocates for residents of nursing homes and assisted living facilities on the Lower Shore by promoting quality care and quality of life, monitoring facility conditions, visiting residents, and investigating complaints. The program provides information, referrals to other agencies as needed, accepts complaints or concerns from anyone (including anonymous callers), and is not a 24-hour emergency response service.

Richard A. Henson Wellness Center

MAC's gym provides a wide range of programs and services designed to support the health, physical activity, and independence of older adults. Individuals wishing to use the facility or participate in group exercise classes must complete a membership packet and submit a physician-signed release. Available classes include Enhanced Fitness, Yoga, Tai Chi, Line Dancing, and more.

SHIP (State Health Insurance Program)

SHIP provides free, unbiased, one-on-one counseling to Medicare beneficiaries, caregivers, and families to help navigate Medicare education, enrollment, plan options, billing issues, and appeals. SHIP partners with the Senior Medicare Patrol (SMP), which focuses on educating beneficiaries about Medicare and Medicaid fraud, errors, and abuse.

Telephone Reassurance Program

Participants receive regular check-in calls that offer friendly connection, reassurance, and an added layer of support for those who live alone, have limited family nearby, or benefit from consistent social contact and wellness checks.

Wicomico at Home

A neighbors-helping-neighbors initiative that supports older adults in Wicomico County who want to remain independent at home through transportation, home maintenance, service navigation, and social connection. As part of the national Village movement, the program encourages member volunteering, offers membership options with possible fee reductions, and serves adults age 50+ who can advocate for their needs and value community support.



The Living Well Center of Excellence (LWCE), operated by MAC, serves as Maryland's hub for evidence-based wellness programs by licensing key models, coordinating statewide trainings, and managing centralized data to measure program effectiveness.

Through partnerships with health systems, Area Agencies on Aging, and community organizations, LWCE delivers award-winning programs that improve health outcomes, lower health care costs, and enhance quality of life for older adults across the state.

To register for these FREE sessions, visit:

<https://mdlivingwell.org/hub/>

or scan the QR code with your phone camera



Building Better Caregivers

A workshop for caregivers of individuals with dementia or other cognitive or neurological conditions, offering tools for stress management, communication, and planning.

Cancer: Thriving and Surviving

A supportive 6-week workshop for cancer survivors that promotes healthy behaviors, coping strategies, and improving quality of life during and after treatment.

Chronic Disease Self-Management Program (CDSMP)

A 6-week workshop that helps adults with one or more chronic conditions build skills to manage symptoms, improve health behaviors, and increase confidence in daily life.

Chronic Pain Self-Management Program (CPSMP)

A 6-week program that teaches techniques to manage ongoing pain, improve physical function, and reduce pain-related stress.

Diabetes Self-Management Program (DSMP)

Designed for adults with Type 2 diabetes or pre-diabetes, this 6-week class focuses on blood sugar management, nutrition, physical activity, and reducing complications.

HomeMeds

An in-home medication review and intervention that reduces readmissions, improves health self-management, supports care transitions, and assists caregivers.

Powerful Tools for Caregivers

This program helps caregivers reduce stress, manage emotions, and build confidence through practical self-care tools.

PEARLS (Program to Encourage Active, Rewarding Lives)

An in-home or community-based program that helps older adults manage depression through problem-solving, goal-setting, and social connection.

SAVVY Caregiver®

A multi-session education and skills-training program for family caregivers of people living with dementia, focused on reducing stress and increasing caregiver confidence.

Stepping On

An evidence-based falls prevention program that improves balance, strength, and confidence while reducing fall risk through education and practical strategies.

Stepping Up Your Nutrition

For people who are interested in improving their nutrition and strength. This session is designed to help people understand the connection between nutrition and preventing falls



Questions?

Contact Us Today!

 909 Progress Cir, Salisbury, MD 21804

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MAC

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