

Garrett County Community Action

Building better lives, stronger communities – together

Aging and Nutrition Services 301-334-9431 | www.garrettcac.org

Our Mission

The mission of Garrett County Community Action Committee, Inc., (GCCAC) Area Agency on Aging and Nutrition (AAA) is to improve the quality of life for people in need by empowering them to become more self-sufficient and by providing essential services in collaboration and cooperation with partners.

Our Vision

The Vision of the Area Agency on Aging is to plan, coordinate and advocate for the development of a comprehensive service delivery system at the local level to meet the short and long-term needs of the Garrett County senior population.

Programs and Services

GCCAC - Aging and Nutrition is dedicated to providing a variety of specialty services to seniors of Garrett County. Services include:

Maryland Access Point (MAP)

Single point entry for all programs and services for elderly and persons with disabilities in Garrett County and statewide. MAP coordinators provide information, assistance and referral services.

Senior Centers

Senior Centers provide socialization, dining, health/fitness, educational presentations and other programs for the seniors of Garrett County.

Home Delivered Meals

Meals on Wheels provides meals to homebound and nutritionally at-risk seniors five days a week.

In Home Support

Programs, services and resources to support seniors and persons with disabilities in their home.

Senior Insurance Counseling

Senior health insurance provides assistance in health insurance options and decision making.

Respite and Caregiver Support

Programs:

A system of support networks and programs for caregivers.

Nursing Home Transition

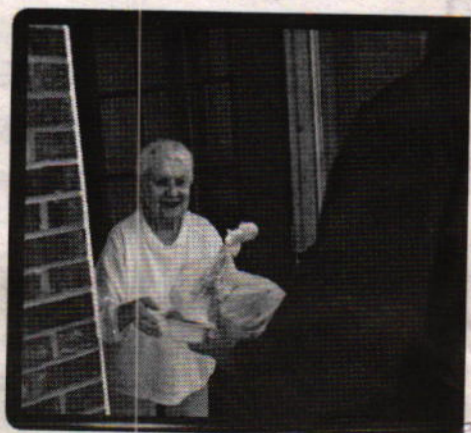
Assistance for seniors transitioning from nursing facilities to their homes.

Ombudsman Services

Advocate for nursing home and assisted living residents and their families.

Information and Assistance

Classes on chronic disease self-management, diabetes self-management and hypertension, fraud, abuse and neglect information, simple legal referral, durable goods, energy assistance applications and more!



Garrett County Community Action Committee, Inc.
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