

## 2023 HIGHLIGHTS

The Howard County Office on Aging and Independence is a **Regional Leader** in innovative programs and services that promotes **independence, respect and dignity** for older adults and adults with disabilities.



**175,046** individuals received information, assistance, and education to support their independence in the community.

Go 50+ Fitness pass holders joined wellness activities **113,561** times.



**10,900** hours of case management delivered to clients.

**1,722** unique social engagement programs were offered at the 50+ Centers, and **164,115** attendees participated.



**2,576** respite hours provided to support caregivers.

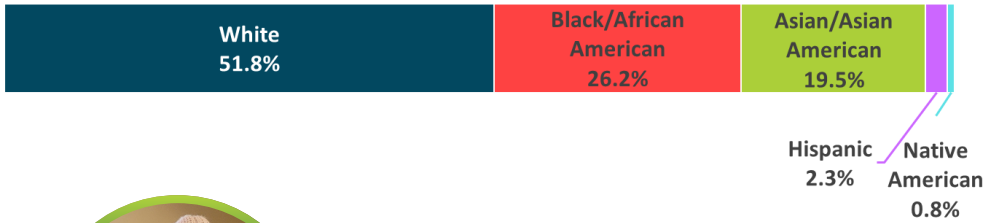
Long-Term Care Ombudsman received **137** complaints and **66** cases were investigated and closed.



“I enjoy utilizing the services that [the office] provides, it makes my life more peaceful.”  
- Susan



# PEOPLE SERVED:



**1,291 volunteers served 12,165 hours, worth an estimated \$386,847.**

**181 participants took 25 Senior Planet technology classes.**



**\$20,000** of the Vivien Reid Emergency Fund was used to assist **108 people**. The **top three requests** were for:

- Emergency dental work
- Eyeglasses
- Utility assistance

**79,155 meals** served to older adults, including **3,280 meals** served through the Medically Tailored Meals Program.



**Innovative Ageism Awareness Campaign:**

- **83 staff and volunteers** received Ageism 101 Training.
- **50 older adults** participated in Community Conversations.
- **2500 Positive Aging Affirmation cards** distributed.

"I am so **grateful for your assistance**. It worked!!! Mom will be moving into her new location [soon]. My mother always used to say to me, 'If you treat people right it will always come back to you.' Your help is the same kindness coming back to me that I give to others." - *Lorraine*



"Thank you for facilitating a fun and informative session. **We had the best time learning and laughing.**" - *Karen*

# BUDGET:

**\$ 9,908,781**

