

Frostburg Heights Apartments
Choice Program
A Senior Supportive Services Program

What is the Choice Program?

The Choice Program is an Individualized Congregate Housing Services Program (ICHSP) designed to meet the needs of those persons who are 62 years of age and older who have difficulty with essential activities of daily living (cleaning, cooking, laundry, bathing, etc).

What Packages are offered at Frostburg Heights?

- Package #1-one meal/day
- Package #2-two meals/day
- Package #3-housekeeping/laundry services and individualized personal services
- Package #6-one meal/day along with package #3
- Package #7-two meals/day along with package #3
- Package #13-weekly housekeeping or laundry services

Where do the meals come from and are there special diets?

Our meals currently come from Frostburg Village Nursing Home. Unfortunately, we cannot accommodate requests of special diets.

What does the Choice Program cost?

The cost of the Choice Program is on a sliding scale just like your rent in that you may be eligible for a subsidy from the Maryland Department of Aging. The subsidy is dependent upon your income, assets and the availability of subsidy monies. Exact fees cannot be determined until all financial information is reviewed. The Choice Program fee is in addition to your monthly rent.

For more information, please call Rebecca Brown-McCusker at 301-689-2268 Monday-Friday 8:00am until 4:00pm