

The Caregiver's Voice

For People Caring for Family, Friends, & Neighbors

Volume 2, Issue 3

Fall 2009

The Caregiver's Voice is a quarterly publication of the AA County Department of Aging & Disabilities' National Family Caregiver Support Program. Contact us at: 410-222-4464 ext 3043 or caregiver_support@aacounty.org

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The Anne Arundel Co. Department of Aging & Disabilities is grateful for our sponsors; however the Department does not endorse any particular vendor or business. Anne Arundel Co. reserves the right to approve and/or refuse potential sponsors.

Fall Caregiver Workshop Series

Workshop #1: The Truth and Nothing but the Truth, Alzheimer's disease and other related dementias.

Learn about the cause, effect and current research for prevention and treatment of Alzheimer's disease and other related dementias.

Workshop #2: Who's on First? Communicating with a dementia-affected loved one.

Learn practical tips on how to communicate effectively and establish solid ground-work for managing behaviors.

Workshop #3: Mission NOT Impossible. Managing behaviors in a dementia-affected loved one.

Learn how to successfully prevent or manage disturbing behaviors while keeping your blood pressure under control!

Caregiving During the Holidays: Tips from the Alzheimer's Association



Holidays are opportunities to share time with the people you love. Try to make

these celebrations easy on yourself and on your loved one so that you can concentrate on enjoying your time together. Here are some tips from the Alzheimer's Association:

- 1. Adjust your expectations.** Make sure everyone understands your caregiving situation and has realistic expectations about what you can do. Give yourself permission
- 2. Involve the person you care for in holiday activities.** He or she could help you prepare food, wrap packages, hand you decorations or help set the table. Maintain the care recipient's normal routine.
- 3. Gift ideas for your loved should be chosen on your**

loved one's interest and abilities. Tickets to a show, simple and familiar games, like dominos or bingo, and items that help with memory (magnetic refrigerator pads & calendars) make good gifts. In later stages of Alzheimer's, useful gifts might include an (identification bracelet, comfortable, easy-to-remove clothing, videos of favorite movies, warm blankets, photo albums.

- 4. Caring for yourself** When friends or family members ask what you want for a gift, suggest a gift certificate or gift card to a favorite restaurant, store, or spa. Or suggest something that will help you out as your care for your loved one, like a cleaning or household chore service.



Fall Caregiver Workshop Schedule

Annapolis Senior Center
119 S. Villa Avenue
Monday, Nov. 2, 9 & 16
2-4 PM

Arnold Senior Center
44 Church Road
Monday, Oct. 5, 12 & 19
6:30-8:30 PM

Sponsored by: Heartlands Assisted Living at Severna Park

O'Malley Senior Center
1275 Odenton Road
Wednesday, Oct. 7, 21 & 28
6-8 PM

Sponsored by: Home Instead Senior Care

Pascal Senior Center
125 Dorsey Road
Tuesday, Nov. 10, 17 & 24
6:30-8:30 PM

South County Senior Center
27 Stepneys Lane
Thursday, Oct. 1, 8 & 15
6:30-8:30 PM

For more information, or to register for the Workshops, call 410-222-4464, ext 3043 or register on-line at:

<http://www.aacounty.org/Aging/needngCare/compCaregiver.cfm>

The Future is Now! Are You Ready?



Mark your calendars! The Anne Arundel County Department of Aging and Disabilities will help you get your life in order with a series of **FREE** workshops titled “The Future is Now! Are You Ready?” focusing on legal, financial, and future expectations. The series will be held from 6:30 to 8:30 p.m. on the dates noted at the Arnold Senior Activity Center, 44 Church Road, Arnold.

The October workshops focus on legal planning issues.

- ◆ Wednesday, Oct. 7: Dr. Rebecca Elon, will speak on “**The Issue of Competency from the Medical Perspective.**” Capacity is a clinical determination that addresses the integrity of mental functions and a legal determination that addresses restricting a person’s right to make decisions or do acts because of incapacity. Dr. Elon will discuss whether the person can be held accountable for the consequences of their decisions and actions.
- ◆ Wednesday, Oct. 14: Robert Bohan, Attorney. In a constantly changing world, proper estate planning should allow you to plan for yourself and loved ones without giving up control of your affairs. In this

workshop, you will learn the options for giving what you own to whom you want and when you want using powers of attorney, wills, and trusts.

- ◆ Wednesday, Oct. 21: Jacqueline Byrd, Attorney, will present “**Making Sense of Living Wills and Other Advanced Directives.**” Ms Byrd will explain the types of advance directives under Maryland law and points to consider when completing a living will and appointing a health care agent. Surrogate decision-making in the absence of an advanced directive will be discussed.

The series continues in 2010, focusing on financial planning. Detailed information on the January and March workshops will be in the Winter 2010 *Caregivers’ Voice*.

- ◆ Wednesday, Jan. 13: Attorney Robert Bohan will present “**Financing Long Term Care Through Maryland Medical Assistance**”.
- ◆ Wednesday, Jan. 20: Amy Rubino, the department’s Senior Health Insurance Assistance Program Director, and a representative from the Maryland Insurance Administration will discuss “**Long Term Care Insurance.**”
- ◆ Wednesday, Jan. 27: Robert Ready, of Jacob Dean Mortgage Inc., will discuss

“**The New Faces of Reverse Mortgages.**”

The last in the workshop series is “Planning for the Expected – and Unexpected.”

- ◆ Wednesday, March 10: Mary Fridley, registered nurse and founder of Gero-Resources LLC, has titled her workshop “**Now What? Preparing for Your Older Loved One’s Hospital Discharge.**”

- ◆ Wednesday, March 17: Marjorie Cotterman, registered nurse, will speak on “**When Your Loved One Can No Longer Live Independently.**”

- ◆ Wednesday, March 24: Lauren Parker, Register of Wills, will present “**After the Loss of Your Loved One**

The planning workshops series are sponsored by: AAMC Life Line, Heartlands Assisted Living at Severna Park, and Generations

To register for the series, call 410-222-4464, Ext. 3094, or register online at <http://www.aacounty.org/Aging>.

Grandparents Raising Grandchildren

Bonita Williams already was concerned about how obsessed her 15-year-old daughter was becoming with MySpace, the Internet’s largest social networking site. She didn’t like the suggestive photos Jade was posting. And she was worried about all the time her daughter was spending online. “The final straw came when I found out that she gave her cellphone number out to someone in Pennsylvania... I looked at her list of friends who were not only from school, but from all over the country. Who were these people?” Williams grounded her daughter, has blocked MySpace at home and moved the computer into the family room. Williams is afraid kids who socialize online “don’t see the dangers.” Teens and young adults, the first true Internet natives, are pioneering a new world of online social networking. And they are largely doing it without the guidance of adults. “Kids are very savvy

about the technology,” says Don Tapscott, author of *Growing Up Digital: The Rise of the Net Generation*. “But I’m not sure they totally understand the implications of a billion people being able to see them doing whatever is posted.”

In the past few months parents, school officials, police, the media and even lawmakers have paid increasing attention to the burgeoning online social networking phenomenon — especially at MySpace and Facebook. Police have arrested men for assaulting teens they meet on sites, including MySpace. Schools are struggling to cope with the new reality. “Kids are not connecting what they’re doing on the computer with real life,” says Parry Aftab, a frequent speaker at schools. She heads WiredSafety, a non-profit organization dedicated to educating parents and teens

Janet Kornblum, *USA Today*



about safe practices online. “They do not believe they’re accountable.” Aftab and others advise balance: Parents should start by asking their kids to show them their online profiles. “There’s a parental responsibility to understand what kids are doing online. Are you going to leave your kid in front of the TV? Are you going to leave your kid in front of the computer and not know what they’re doing?” he asks. Rheingold and others say parents who don’t understand the technology should learn it. And the best place to go to do that? “When it comes to technology, you’re in a position of your children having to teach you,” Rheingold says. “How often do kids have any power or authority? How often do parents come to them and listen to them? But it takes a parent with some courage to admit they don’t know and want to learn.”

Preserving Bonds

(Mary Fridley, RN, BSN, BC)



A diagnosis of dementia evokes feelings of denial, loss, grief, even resentment and anger. Every

situation is different but how you view your loved one, and how you view you, is important.

Do you view your love-one as a victim or person; a condition or illness? Do you view yourself as a victim or person; as a survivor or sufferer? Thinking of either as a victim or sufferer declares there is no hope. Yes, the relationship changes, but the bond never dies.

Over time the relationship becomes one of on-going transformation from independence to dependency. Progressive dementia means losing loved-ones as you once knew them - and cognitive loss causes personality changes that are difficult to reconcile.

"...the body remains behind like some empty piece of armor." (An Ocean of Time - Alzheimer's: Tale of Hope and Forgetting, Patrick Mathiasen, MD)

It changes from one of mutual give and take to one of giving but not receiving. It is here that caregivers must see the person behind the disease, recognize when it is the disease fueling behaviors and avoid the temptation to blame.

Pay attention to the "moments": moments

when eyes meet, smiles reflect, and arms embrace; moments of silliness, laughter, and peace; moments of kind words and endearments. Savor each one and reflect on them when at your wits end. Give your loved ones the gift of unconditional love: allow them to engage in life being free to be who they are and socialize with others who share their journeys. Adult day centers, Senior Centers, and Senior Center Plus programs allow this to happen.

Learn about the disease; what to expect and plan for it. Learn how to communicate and manage behaviors. Learn how to support your loved ones while still caring for you - your good health is essential for sustaining a healthy relationship.

Seek out community resources. Support groups provide a confidential place to vent and learn how to successfully handle problems. Home care agencies exist to provide in-home assistance ranging from companionship to nursing care. And of course the Department of Aging and Disabilities has numerous resources and is waiting to hear from you.

...And don't forget about your friends. Nurture them and they will support you here and beyond.

Blessings, Mary

Where Are You in the Stages of Caregiving?

Stage 1: I may help a relative soon.

Stage 2: I am beginning to help.

Stage 3: I am helping.

Stage 4: I am still helping!

Stage 5: My role is changing.

Stage 6: My caregiving has ended.

No matter what stage you find yourself, come and join other caregivers at the monthly Support Group, Caregiver Workshops, and the new Caregiver 101 workshop.

It helps to know you are not alone!

Support Groups



Mary Fridley, RN, BSN, BC, facilitates a monthly support group at the Department of Aging & Disabilities office, 2666 Riva Road, Suite 400, Annapolis. Sessions are held on the **third Tuesday of the month from 1-2:30 pm.**

Please note: If AA County schools are closed, or close early due to inclement weather, there will be no meeting that

day.

For information on other community support groups, or cancer, diabetes, cardiac, stroke or Parkinson's support groups, call Patty Brandenburg at 410-222-4464, ext 3043, email us caregiver_support@aacounty.org or download the Community Support Group flyer from the web at:

www.aacounty.org/aging

Caregiver 101

Presented by:

Mary Fridley, RN, BSN, BC

To meet the needs of the growing caregiver population, the Anne Arundel County Department of Aging & Disabilities Family Caregiver Support Program is offering a one-day workshop to prepare new caregivers to manage the care of their older and/or disabled loved one. This workshop will provide caregivers with:

- Information needed to prepare for hospital/nursing home discharge
- Information on choosing a rehabilitation facility and maintaining quality care in a facility
- Training on bathing, transferring and managing incontinence
- Information on managing hydration, nutrition and medication

Saturday, November 14, 2009

9:00 am—12:00 noon

Arnold Senior Center

Registration will open in October.



2009 Memory Walk

Saturday, October 17, 2009

Severn School, Severna Park

To register or pledge, visit:

www.alz.org/maryland

or call: 900-272-3900

Service Directory Now On-Line

The 2009-2010 "Services for Seniors, Adults with Disabilities, and Caregivers" directory is now online at the Anne Arundel County Department of Aging and Disabilities website. The directory also includes new material on disability services and information on the county Commission on Disability Issues. The 64-page book has details on the 24 programs at the county department, with nearly 70 categories of resources. The web address is www.aacounty.org/Aging/Resources/ServicesSeniors.pdf.

**Anne Arundel County Department of Aging & Disabilities
National Family Caregiver Support Program**

2666 Riva Road, Suite 400
Annapolis, MD 21401

Phone: 410-222-4464 ext 3043
Email: caregiver_support@aacounty.org

We're on the web!
www.aacounty.org/aging

Morningside House of Friendship
Premier Senior Living, Assisted Living & Dementia Care
Ask about our C.A.R.E. Community Outreach Program
"Committed to. Achieving. Results. Everyday."
Shannon McHugh, Marketing Director
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- Maryland Access Point (MAP)
- Adult Evaluation & Review Service (AERS)
- Foster Grandparents
- Handy Cab Program
- Senior Centers & Senior Center Plus
- Respite Care Referral Program
- Retired & Senior Volunteer Program (RSVP)
- Medicaid Waiver Program
- Community Care Partnership
- Friendly Visitors Program
- Senior Housing Assistance
- Adult Public Guardianship
- Senior Legal Assistance
- Long-Term Care Ombudsman
- Senior Nutrition Program
- Telephone Reassurance
- Van Transportation
- Pets on Wheels/MOM & ME
- Senior Health Insurance Assistance Program (SHIP)
- Senior Medicare Patrol (SMP)
- Medical Assistance Personal Care Program (MAPCP)
- Carrier Alert
- Disabilities Information & Awareness Line
- National Family Caregiver Support Program

National Family Caregiver Support Program Staff

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