

The Caregiver's Voice

For People Caring for Family, Friends, & Neighbors

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Winter 2012

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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Save the Date!

Caregivers' 20th Annual Conference

The 20th Annual Caregivers' Conference will be held on Saturday, April 21, 2012. As many of you are aware, the attendance at this annual conference has continued to grow and we have outgrown the space the Annapolis Senior Center graciously shared with us.

We are pleased to announce that the 2012 event will be held at the Doubletree Hotel in Annapolis.

Partnering with the Department of Aging & Disabilities to host the conference are: The Alzheimer's Association of Greater Maryland, Active Day Centers of Annapolis & Pasadena, the Department of Social Services, Gero-Resources, LLC, Home Instead Senior Care, and Somerford Place of Annapolis.

The planning committee is working hard to provide a great educational opportunity for family caregivers as well as professional caregivers. Speakers will be on hand to share information concerning estate planning, Social Service benefits, grief & loss, In addition, there will be two opportunities to participate in the Virtual Dementia Tour and an interactive presentation by the Maryland Mental Health Players.

There will also be opportunities throughout the day to visit and speak with area businesses and organizations that can help you in your care giving journey.

Breakfast, lunch and afternoon snacks will be provided and Active Day Adult Day Centers of Annapolis & Pasadena will once again provide free out-of-home care.

Social Work CEU's will be available for a nominal fee.

Registration forms will be mailed and emailed in March. We hope you mark the date on your 2012 calendar and plan to join us!

Winter/Spring 2012 Caregiver Workshops

Mary Fridley, RN, BSN, BC—
Gero-Resources, LLC



THE CARING FOR YOU SERIES

Workshop #1: Christmas in July??

Loved ones with dementia are trapped in the moment; there is no before or after. If these moments are boring, confusing, or frightening they can result in challenging behaviors. Caregivers will learn how to identify & engage loved ones in meaningful activities to create joyful moments not only for loved ones but for themselves, too.

Workshop #2: Stop! I want to get off... *The caregiving experience is a roller coaster of emotions & one wonders if the ride will ever end. Caregivers will learn about normal & not-so-normal emotions and how to effectively manage stress, understand the meaning of the "Ah Ha!" moment, & learn essential coping skills to be able to enjoy the "ride".*

Workshop#3: Health is More than Physical *Physical, emotional, & spiritual health are a package deal with one being dependent on the others. Caregivers will learn how to strengthen & maintain their "package deal" through good nutrition, setting & maintaining boundaries, & nurturing their spirits.*

Annapolis Senior Center

Mondays: May 7, 14, 21 (2:30-4:30 pm)

Arnold Senior Center

Thursdays: April 5, 12, 19 (6:30-8:30 pm)

Brooklyn Park Senior Center

Thursdays: May 3, 10, 17 (1:00-3:00 pm)

O'Malley Senior Center

Mondays: March 12, 19, 26 (5:30-7:30 pm)

Pasadena Senior Center

Thursdays: June 14, 21, 28 (1:00-3:00 pm)

Pascal Senior Center

Tuesdays: May 15, 22, 29 (6:30-8:30 pm)

South County Senior Center

Thursdays: March 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>

Caregiver's Job Description

Minimum Qualifications

Age: No minimum or maximum
Sex: Male or female
Race: Black, brown, red, yellow, and white
Prior experience: None required
Patients: Parents, siblings, spouses, children, other relatives, friends
Compensation: Volunteer and paid professional
Length of workday: 24 hours+
Length of assignment: Several days to a lifetime

Responsibilities

- ♥ Make life and death decisions in an instant.
- ♥ Assist with or perform activities of daily living such as feeding, bathing and dressing.
- ♥ Manage housework, meals, laundry and groceries.
- ♥ Administer medication and other healthcare tasks.
- ♥ Provide emotional support and companionship.
- ♥ Assume legal responsibilities.
- ♥ Consult with healthcare professionals.
- ♥ Advocate for patient's needs.
- ♥ Ensure patient's safety.
- ♥ Be on call 24 hours a day, seven days a week.

Caregivers' Comfort Creations, LLC
(www.caregiverscomfort.com)

Connected Conversations



The Alzheimer's Association of Great Maryland offers a unique opportunity to dial in and learn about Alzheimer's from your home or office! These are live, interactive calls with time for Q&A.

These seminars are free of charge. Anyone is welcome to register.

Thursday, **January 19, 2012, 12:30 - 1:30 p.m.**

Stuck in the Middle: Surviving and Celebrating the Sandwich Generation

Our guest speaker Kathy Schey, will offer practical insights and wisdom concerning the dementia caregiving experience.

Thursday, **February 16, 2012, 12:30 - 1:30 p.m.**

Memory Loss, Dementia and Alzheimer's Disease

Gain a basic understanding of the warning signs, causes, stages and symptoms of Alzheimer's and dementia.

To register, call 1-800-272-3900.

Important Reminder Regarding Medications

The Maryland Board of Nursing prohibits home care workers from administering medication without the supervision of a delegating Registered Nurse.

Families are responsible for setting up the pill reminder boxes and Department of Aging & Disabilities respite workers may remind clients to take their medications only. They may NOT administer medication directly from the pill bottle.

Grandparents Raising Grandchildren (Chere Torsiello, Kinship Navigator)

If you provide care for a relative child - 24 hours a day, seven days a week – let Anne Arundel County help support your Kinship experience. For Kinship information, resources, and community supports contact Chere Torsiello, Kinship Navigator at 410-897-3933 or email at Ctorsiel@dhr.state.md.us. Request a free Kinship Resource Manual and learn of free, monthly confidential support groups tailored towards meeting the unique needs of Kinship Caregivers. Looking for new members to help build the Kinship Support Network!

Kinship Caregiver Support Group Schedule:

January 4: Annapolis Library, 10:00-11:30am

January 10: Pascal Senior Center, 6:30-8:00 pm

February 1: Annapolis Library, 10:00-11:30am

February 14: Pascal Senior Center, 6:30-8:00 pm

March 7: Annapolis Library, 10:00-11:30 am

March 13: Pascal Senior Center, 6:30-8:00 pm

The Pascal Senior Center is located at 125 Dorsey Road, Glen Burnie. The Annapolis Library is located at 1410 West Street, Annapolis

As a Kinship Caregiver, are you aware of your potential financial benefits?

You may qualify for the following financial benefits:

“Child only” Temporary Cash Assistance
“Medical Assistance
“Food Stamps (Household Income Guidelines apply)
You can apply in person at either of Anne Arundel County’s Department of Social Services offices listed below, or you may submit an electronic application at www.marylandsail.org.

Department of Social Services: 410-269-4589
80 West Street, Annapolis 21401)

Group applications taken M-Th at 9,11, 1:30, & 3:00

G. M. Taylor District Court/Multi-Service Ctr: 410-421-8539
7500 Ritchie Highway, Glen Burnie, 21061

Group applications taken M –Th at 9, 11, & 2

Please note: Customers should arrive 30 minutes before the session starts to complete paperwork.

Happy Holidays to all Kinship families and wishing you good health and happiness for 2012!

Special thanks to our Kinship collaborative partners Department of Aging & Disabilities, Department of Social Services, Board of Education, & Recreation & Parks for their commitment to recognizing the unique needs of Kinship families and working together to better the Kinship experience.

Is It Really Dementia?

(Mary Fridley, RN, BSN, BC)

An eighty-three year old woman with a history of osteoporosis falls and breaks her hip. She is taken to the hospital and rushed into surgery. When her daughter arrives, Mother is stable but restless. A nurse appears and sedates her so she doesn't disturb the newly mended hip. Over the course of a few days she is kept sedated, given medicine for pain, and antibiotics for a urinary tract infection. Another medicine is added when she becomes disoriented, pulls out her IV, and attempts to get out of bed. Her daughter is unnerved by her mother's behavior and questions the attending physician who says she has Alzheimer's disease and advises she go to a nursing home upon discharged. The daughter is in a state of shock over the new diagnosis. Her mother had been living an active, socially fulfilling independent life, and had just come back from a cruise with friends when she fell. She had never shown any signs of dementia before the hospitalization and suddenly needs a high level of care.

So what's wrong with this picture you might ask? First, dementia doesn't happen suddenly. Second, it's impossible to assess a person's base line cognitive status when observed for only a short period of time and while under the influence of drugs. Complete psychological and medical workups, as

well as family input, are needed to achieve an appropriate diagnosis. More often than not what the hospitalized older patient is suffering from is delirium, a sudden onset of cognitive dysfunction caused by medication and physiological imbalance. The good news is that it is short lived, going away once medications have cleared the system. The bad news is it's hard to get the wrong diagnosis erase from the record.

The culprit is the broad use of medication and the lack of alternative methods to keep a patient calm. To be fair, hospitals aren't in the business of long-term care; they are good at fixing physical problems and work under the gun of insurance guidelines to get patients out in an allotted time. They don't have the staff to provide one-to-one attention yet must keep patients from harming themselves thus drugs are used to do the job.

My advice to caregivers is to be strong advocates: keep asking questions and seeking answers. It's also important that a family member or other familiar person be present at all times to provide comfort and a calming presence and be the patient's eyes, ears, and mouth.

Blessings,
Mary

The Future is Now! Are You Ready?

The Future is Now! Are You Ready? workshop series resumes in January. The monthly workshops are held at the Arnold Senior Center and the Pascal Senior Center. All workshops run from 6:30-8:30 pm.

Wednesday, Jan. 11th - ARNOLD
Maintaining a Healthy Lifestyle

Richard Bernstein, MD

Although we are living longer, we are not necessarily maintaining good health. Dr. Bernstein will educate attendees on ways to improve your lifestyle and live a long and healthy life

Wednesday, February 8th—PASCAL
What to Do With Your Stuff

Kater Leatherman, Professional

Organizer, Budget Re-decorator & Real Estate Stager

Explore strategies for downsizing possessions. Learn how to handle the physical and emotional overload of selling your home and where to look for professional help.

Wednesday, March 14th—ARNOLD
Adaptive Devices & Structural Changes to Help You Stay in Your Home

Chauncey Hall, Program Director, Arundel Community Development Services, Inc.

Join us as we learn about the assistive technology devices and home modifications that can help us age in

Support Groups



Mary Fridley, RN, BSN, BC, facilitates monthly support groups at the following locations:

Department of Aging & Disabilities
2666 Riva Road, Suite 400, Annapolis.

3rd Tuesday of the month
1-2:30 pm.

Pascal Senior Center
125 Dorsey Road, Glen Burnie
2nd Wednesday of the month
1:00-2:30 pm

FOR MALE CAREGIVERS ONLY
Arnold Senior Center
44 Church Road
2nd Tuesday of the month
6:30-8:00 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 Lortie at 410-222-4464, ext 3043, email us at:

caregiver_support@aacounty.org

You can also download the Community Support Group flyer from the web at:

www.aacounty.org/aging.

Click on the link for *Needing Care* and click on *Family Caregiver Support*.

place safely and independently.

Register on-line at
www.aacounty.org/aging
or call: 410-222-4464 ext 3094.

To join the NFCSP mail list and receive information regarding up-coming workshops and conferences, or to receive the *Caregivers' Voice* by email, call ext 3043 or email us at:

caregiver_support@aacounty.org

Back issues of the newsletter are available on the Family Caregivers' website at www.aacounty.org/aging (click the link to National Family Caregiver Support Program).

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

Your Logo Here!

To sponsor a quarterly edition of the *Caregivers' Voice*, viewed by more than 2,500 caregivers, contact:
Mary Chaput at 410-222-4464 ext 3045



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www.aacounty.org/Aging

- Maryland Access Point (MAP)
- Information & Assistance (I&A)
- Adult Evaluation & Review Service (AERS)
- Adult Public Guardianship
- Community Care Partnership
- Disabilities Information
- Long-Term Care Ombudsman
- Medical Assistance Personal Care Program (MAPCP)
- Medicaid Waiver Program
- National Family Caregiver Support Program (NFCSP)
- Respite Care Referral Program (RCRP)
- Retired & Senior Volunteer Program (RSVP)
- Senior Health Insurance Assistance Program (SHIP)
- Senior Activity Centers
- Senior Center Plus
- Senior Housing Assistance
- Senior Legal Assistance
- Senior Medicare Patrol (SMP)
- Senior Nutrition Program
- Van Transportation
- Volunteer Programs
 - ◆ Foster Grandparents
 - ◆ Friendly Visitors Program
 - ◆ Telephone Reassurance
 - ◆ Pets on Wheels/Mom & Me

National Family Caregiver Support Program Staff

Mary Chaput, Program Director

Patricia Lortie, NFCSP Coordinator

For information on sponsoring an edition of the *Caregivers' Voice*, contact Mary Chaput at 410-222-4464, ext 3045 or email caregiver_support@aacounty.org.

The newsletter is published quarterly and distributed to more than 2,500 caregivers and available on the world-wide web.