



Department of Aging and Disabilities

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For Immediate Release

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Living in the Land of Oz

Annapolis, MD (Nov. 23, 2010) – The National Family Caregiver Support Program at the Anne Arundel County Department of Aging and Disabilities will present the last of the Fall 2010 Caregiver Workshops: “The Dementia Series: Living in the Land of Oz.” Three consecutive workshops will be given by Mary Fridley, registered nurse and founder of Gero-Resources LLC.

- Workshop #1 is entitled “I’ve a feeling we’re not in Kansas anymore!” Like a tornado, a progressive dementia such as Alzheimer’s disease is a life-changing event. Learn about the different types of dementias, how they progress, current research and treatments, and how to prepare for the future.

- Workshop #2 is entitled “Follow the yellow brick road....” Dementia-impaired people are lost in their own worlds. The disease impairs perceptions of reality, resulting in confusion and disorientation. This workshop will teach participants how to effectively communicate and create a pathway to successful behavior management.

- Workshop #3 is entitled “There’s no place like home...there’s no place like home....” Requesting to go home when one is already at home, repeating, wandering, and resistance to bathing are typical dementia behaviors. Caregivers are conflicted about what to do and feel inadequately prepared to manage them. This workshop will teach essential behavior management skills to use in everyday life.

The series will be presented from 1 to 3 p.m. Mondays, Dec. 6, 13, and 20 at the Pasadena Senior Activity Center, 4103 Mountain Road, Pasadena.

To register for the free workshops, call 410-222-4464, Ext. 3043, or register online at www.aacounty.org/aging.

- *Making Life Better* -