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For Immediate Release

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Caregiver Workshops

Annapolis, MD (Jan. 13 2011) --Are you a caregiver? Do you sometimes feel you are “Living in the Land of Oz”? Find your way and get some help at the Caregiver Workshop Series offered by the National Family Caregiver Support Program.

The Anne Arundel County Department of Aging and Disabilities will continue this popular series of workshops which were started last year and received much interest. They are free and offered at the seven senior activity centers in the county. Mary Fridley, founder of Gero-Resources LLC, will facilitate the workshops.

- Workshop #1 is called “Lions, and tigers, and bears! Oh, my!” Whether you are an onsite or long distance caregiver, this workshop is for you. You can learn how to get family involved, how to be effective from a distance, and how to plan and manage vacations while keeping your sanity.

- Workshop #2 is “That’s a horse of a different color!” Challenging issues arise when caring for someone with a dementia like Alzheimer’s disease. The mother who always slept soundly now wanders at night. The father who taught you to drive safely is now a hazard on the road. You can learn how to effectively manage a reversed sleep-cycle and successfully get your loved one to stop driving.

- Workshop #3 is “Better get under cover...There’s a storm blowin’ up.” Resistance to bathing and changing clothes are probably two of the most challenging behaviors for caregivers of dementia impaired loved ones. You can learn how to minimize stress and successfully manage these seemingly insurmountable challenges. You also will learn how to safely move a disabled loved one from bed to chair, wheelchair to car, and why a transfer belt can be your best friend.

The first workshop series will be held from 5:30 to 7:30 p.m. Feb. 8, 15, and 22 at the O’Malley Senior Activity Center, 1275 Odenton Road, Odenton. Additional workshops will be held at the other six senior centers each month through June.

To register, call 410-222-4464, Ext. 3043, or go online to <http://www.aacounty.org/aging>.

- *Making Life Better* -