



**County Executive John R. Leopold**

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For Immediate Release

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## **Caregiver Workshops**

Annapolis, MD (Feb. 17, 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 at the Anne Arundel County Department of Aging and Disabilities.

The series is free and led by Mary Fridley, founder of Gero-Resources LLC.

- 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 next workshop series will be held from 6:30 to 8:30 p.m. March 3, 10, and 17 at the Pascal Senior Activity Center, 125 Dorsey Road, Glen Burnie, and 6:30 to 8:30 p.m. March 15, 22 and 29 at the South County Senior Activity Center, 27 Stepneys Lane, Edgewater. The latter is sponsored by Somerford Place of Annapolis.

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

*- Making Life Better -*