



## Department of Aging and Disabilities

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For Immediate Release

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### Caregiver Workshops Series

Annapolis, MD (Aug. 16, 2011) – Back by popular demand, the Fall 2011 Caregiver Workshops Series will present “The Dementia Series: Living in the Land of Oz” at the county’s seven senior activity centers. Caregivers taking care of their loved ones who have a dementia or Alzheimer’s disease can gain guidance and advice at these free workshops.

Mary Fridley, founder of Gero-Resources LLC, consultant, and registered nurse will facilitate the three workshops, offered by the Anne Arundel County Department of Aging and Disabilities. The series begins Sept. 1 and will be held throughout the county at senior centers each month through mid-December.

Workshop No. 1 is called “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 No. 2 is called “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 No. 3 is called “There’s no place like home...there’s no place like home...” Requesting to go home when already 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 sites and schedules are:

- Annapolis Senior Activity Center, 119 S. Villa Ave., Annapolis, 2:30-4:30 p.m. Mondays, Nov. 7, 14, and 21. This workshop is sponsored by Somerford Place Annapolis.
- Arnold Senior Activity Center, 44 Church Road, Arnold, 6:30-8:30 p.m., Mondays, Dec. 5, 12, and 19.
- Brooklyn Park Senior Activity Center, 202 Hammonds Lane, Brooklyn Park, 1-3 p.m., Mondays, Oct. 10, 17, and 24.
- O’Malley Senior Activity Center, 1275 Odenton Road, Odenton, 5:30-7:30 p.m., Thursdays, Oct. 6, 13, and 20.
- Pasadena Senior Activity Center, 4103 Mountain Road, Pasadena, 1-3 p.m., Thursdays, Sept. 1, 8, and 15. This workshop is sponsored by Equity Loans, LLC.

- Pascal Senior Activity Center, 125 Dorsey Road, Glen Burnie, 6:30-8:30 p.m., Tuesdays, Nov. 15, 22, and 29.

- South County Senior Activity Center, 27 Stepneys Lane, Edgewater, 6:30-8:30 p.m., Thursdays, Sept. 1, 8, and 15. this workshop is sponsored by Home Instead Senior Care.

While the Department of Aging and Disabilities is grateful to its sponsors, the Department does not endorse any particular vendor or business.

To register for the workshop series, call 410-222-4464, Ext. 3043, or register online at [www.aacounty.org/aging](http://www.aacounty.org/aging).

*- Making Life Better -*