



Department of Aging and Disabilities

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For Immediate Release

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Caregiver Workshops Series

Annapolis, MD (Oct. 20, 2011) -- The Fall 2011 Caregiver Workshops continue in November with the three-part "Dementia Series: Living in the Land of Oz" offered by the Anne Arundel County Department of Aging and Disabilities.

The series will be held from 2:30 to 4:30 p.m. on Mondays, Nov. 7, 14 and 21 at the Annapolis Senior Activity Center, 119 S. Villa Ave., Annapolis, and from 6:30 to 8:30 p.m. Tuesdays, Nov. 15, 22, and 29 at the Pascal Senior Activity Center, 125 Dorsey Road, Glen Burnie.

Caregivers taking care of their loved ones who have a dementia or Alzheimer's disease can gain guidance and advice at these free workshops. The series will be facilitated by Mary Fridley, founder of Gero-Resources LLC, consultant, and registered nurse. The workshop at the Annapolis Senior Activity Center is sponsored by Somerford Place Annapolis.

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.

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

For information or to register for the workshop series, call 410-222-4464, Ext. 3043, or register online at www.aacounty.org/aging.