

The Caregiver's Voice

For People Caring for Family, Friends, & Neighbors

Volume 9, Issue 4

Fall 2016

The Caregiver's Voice is a quarterly publication of the AA County Department of Aging & Disabilities' National Family Caregiver Support Program. Contact us at: 410-222-4339 or caregiver_support@aaacounty.org

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The Anne Arundel Co. Department of Aging & Disabilities is grateful for our sponsors; however the Department does not endorse any particular vendor or business. Anne Arundel Co. reserves the right to approve and/or refuse potential sponsors.

Oh, the Places You'll Go! Fall 2016 Workshop Schedule



Communicating through Behaviors & The Virtual Dementia Tour® *Department of Aging Staff*

This workshop encompasses an experiential learning tool followed by a debriefing and educational component. Space is limited; registration is required.

Tuesday, Oct. 4, 2016 (6:30-8:30 pm) **
Pasadena Senior Activity Center
4103 Mountain Road, Pasadena

Caregiver 101: Bathing and Nutrition *Margo Carey, R.N.*

In this workshop, caregivers will learn essential home care skills to include how to: successfully bathe a loved one, protect skin integrity, and ensure good nutrition and hydration for their loved one

Wednesday, Oct. 12, 2016 (6:30-8:30 pm)
O'Malley Senior Activity Center
1275 Odenton Road, Odenton

Recognizing and Responding to Depression *Kim Burton, Director of Older Adult Programs, Maryland Coalition on Mental Health & Aging*

The very nature of depression interferes with a person's ability to seek help; for depressed seniors, raised in a time when mental illness was highly stigmatized, it can be even more difficult, especially if they fear becoming a burden to their families. Helping your loved one with depression starts by recognizing the

signs and symptoms and learning how to best support them and find appropriate treatment.

Wednesday, Nov. 9, 2016 (6:30-8:30 pm)
Pascal Senior Activity Center
125 Dorsey Road, Glen Burnie

Communicating through Behaviors & The Virtual Dementia Tour® *Department of Aging Staff*

This workshop encompasses an experiential learning tool followed by a debriefing and educational component. Space is limited; registration is required.

Tuesday, Nov. 15, 2016 (6:30-8:30 pm) **
O' Malley Senior Activity Center
1275 Odenton Road, Odenton

Workshops will break for holiday and severe weather months and will return in March 2017.

Pre-registration is requested for workshops so that we can ensure enough materials are available. Register on-line at www.aacounty.org/aging or call 410-222-4375/4339

** Pre-registration is **required** for the *Communicating through Behaviors & the Virtual Dementia Tour®* as space is limited. Register by calling 410-222-4375/4339.

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3rd Annual Caregivers' Appreciation Dinner

For caregivers who live in Anne Arundel County or care for someone living in Anne Arundel County


Thursday, November 3, 2016
La Fontaine Bleue, Glen Burnie
(For more information, call 410-222-4375.)

Oh, the Places You'll Go! Fall 2016 Workshop Schedule (continued)



Grandparents Raising Grandchildren (and Other Kinship Caregivers!)

Anyone needing special accommodations must contact Mary Chaput at 410-222-4339 or by e-mail at agchap01@aaacounty.org at least seven days in advance of the event. TTY users, please call via Maryland Relay 7-1-1. All materials are available in an alternative format upon request.



A special thank you to the 2016-2017 Caregivers' Workshop sponsors!

Somerford Place Annapolis
 Home Care Assistance
 Spring Arbor of Severna Park
 Greener Pastures Care, LLC
 Home Instead Senior Care
 Annapolitan Assisted Living
 ComForCare Home Care
 UM Baltimore Washington Medical Center
 Synergy Home Care of Anne Arundel County
 Heartlands at Severna Park
 Brightview Severna Park
 Brightview South River
 Genesis Health Care
 C & E Pharmacy Services, LLC
 Future are Chesapeake
 Charlotte Hall Veterans Home
 Elizabeth Cooney Network
 Atria Manresa
 Baltimore Washington Counseling Center

How Can I Help My Family & Myself?

- Join a support group; meeting other grandparent-headed families can provide support and a sense of community.
- Establish a schedule for your family; having a routine is helpful for children from unstable and chaotic homes.
- Take care of your physical and mental health. Take advantage of respite services or work with other grandparent caregivers to take a break from caregiving.
- Have a social network; stay in contact with friends or a faith community.
- Become educated about custodial grandparenting and available resources.
- Do not talk negatively about grandchildren's parents in front of your grandchildren.
- Allow grandchildren to share their feelings about their family situation.

When Should I Get Help?

Because each family is different, it is difficult to say when a grandparent-headed family should seek help. However, grandparents should seek help if they feel unable to manage their stress, if their stress interferes with their ability to function, or if tension and conflict among family members becomes too difficult to manage. They should also seek help if their grandchildren's problems become overwhelming. Some other signs that you or someone you know needs help managing stress include:

- Anger or irritability
- Feeling overwhelmed
- Pulling away from people
- Constant worrying
- Feeling sad all the time
- Problems sleeping (too much or too little)
- Worsening of health problems and/or difficulty concentrating

What Types of Help Are Available?

- **Family Therapy:** Custodial grandparenting impacts all members of a family. Family therapists are specially trained to understand the complicated feelings and relationships within grandparent-headed families. If you feel that your family could benefit from family therapy, find a therapist who has experience working with grandparent-headed families.
- **Support Groups:** Many communities offer support groups for grandparent-headed families. Most of these support groups are for grandparents raising grandchildren. However, support groups are also available for grandchildren. Support groups provide participants with an opportunity to talk about their experiences and feelings in a safe, supportive environment. Participants can also gain information, learn from one another, and meet people dealing with similar issues. Good support groups allow time for personal sharing, but also take a positive outlook, structure sharing time, connect participants to sources of support, and help participants set and reach goals.

Baltimore City Health Department Division of Aging & CARE Services & Morgan State University

5th Annual Grandparents Conference
 "Grandparents Keeping The Family Alive"

REGISTER NOW

Thursday, September 15, 2016
 8:30 a.m. – 2:30 p.m.

CEU CREDITS
 3 CEU's for \$50

Student Union Center
 Morgan State University
 1700 E. Cold Spring Ln.
 Baltimore, MD 21251

MORGAN STATE UNIVERSITY

Conference Topics Includes:

- Key Note 2016: "The State of Grandfamilies in America"
- Breakfast Cafe
- Open mic panel discussions
- What Your children need to know
- Support systems, health, education, legal & housing
- Vendors, giveaways & information
- Free parking, lunch and breakfast

Registration Ends:
 September 7, 2016

Online Registration:
www.baltimorecitycaregivers.com

For more information call
410-396-1337

Stephanie Rawlings-Blake, Mayor
 Dr. Leana S. Wen, Health Commissioner

Explaining Dementia to Children & Young People (Alzheimer's Society, UK)

It can be hard to know how much to explain dementia to children and young people; it is important to adapt what you say and how you say it to the age and level of understanding of the child or young person.

When a close family member or friend develops dementia, adults may be upset, tired or stressed - or simply not at home as much. All of these changes can make a child or young person feel anxious. A child or young person may be afraid to talk to adults about their worries because they know that they are already under strain and don't want to upset them further. Yet, these young people may be feeling grief and sadness, anxiety, fear, irritation, embarrassment, guilt, confusion, a sense of loss, and anger or rejection. A common concern among children and young people is that they, or their parents and other relatives, may develop dementia in the future. Reassure them that this is unlikely.

Everyone reacts differently to difficult experiences and shows distress in different ways. Keep an eye out for the following distress signs in your child:

- **Anxiety**- Nightmares, difficulty sleeping, attention-seeking behavior, and unexplained aches and pains
- **Schoolwork** - Children and young people who are upset find it harder to concentrate and their schoolwork may suffer.
- **Appearing unaffected** - If a child or young person appears uninterested in the situation, or seems unusually cheerful, they may be bottling things up or putting on a brave face.
- **Being sad and weepy** - Some children and young people respond by feeling very upset .
- **Retreating from the situation** - Retreating to their own rooms or staying out more than usual.
- **Getting overly involved in a person's care** - It is understandable that children and teenagers may want to get involved in [caring](#) for someone they love but it is important that it doesn't interfere with their own development.

Discussing the situation means both talking and listening. Explain the situation as clearly and calmly as

possible and focus on the things that the person can still do, as well as those that are becoming more difficult. You may need to repeat your explanations on different occasions, depending on the age of the child or young person. Don't be afraid to use humor. It often helps if you can laugh about the situation together.

Try to find ways to involve the child or young person in providing care and stimulation for the person with dementia. However, don't let these tasks take up too much of their time - it's important that they continue with their normal lives. Try to make sure the time they spend with the person is pleasurable - activities could include going for a walk together, playing games, sorting objects, listening to music or making a scrapbook of past events.

Talk about the person as they were before and share photographs and mementos. Take photographs of the child or young person and the person together, to remind you all that there can be good times, even during the illness.

Make sure that the child or young person knows that you appreciate their efforts, and help them see how their involvement benefits the person with dementia.



Family Caregiver Support Groups

Jennifer Sapp, MSW, MSG facilitates monthly support** groups at the following locations:

Department of Aging & Disabilities
2666 Riva Road, Suite 400, Annapolis.

Pascal Senior Center
125 Dorsey Road, Glen Burnie

**** no support group meeting in August**
For a list of dates and times, download the schedule at
www.aacounty.org/aging
or call (410) 222-4339.

For information on other community support groups, or cancer, diabetes, cardiac, stroke or Parkinson's support groups, call (410) 222-4339, email us at:

caregiver_support@aacounty.org

Gift Ideas for People with Dementia (Alzheimer's Association)



In the early stages

- magnetic reminder refrigerator pads
- baskets or trays that can be labeled within cabinets or drawers
- a small pocket-sized diary or notebook and Post-It notes
- a memorable calendar featuring family photos – write special family occasions such as birthdays and anniversaries
- a memory phone that can store up to eight pictures with the names and contact information of family and friends
- automatic medication dispenser that can help the person living with Alzheimer's remember to take medicine
- nightlights that come on automatically when it gets dark
- a clock with the date and time in large type
- an outing to a movie, play or concert, sporting event, museum
- favorite musical CDs or CD with compilation of favorite tunes
- VHS/DVD collection of favorite movies

In the middle-to-late stages

- Sensory stimulation gifts to help bring back pleasant memories. scented lotions
 - a fluffy bathrobe in a favorite color
 - a soft blanket or afghan to keep warm
 - a busy/fidget blanket
- Comfortable, easy to remove, easily washable clothes such as:
 - sweat suits
 - knits
 - large banded socks
 - shoes with Velcro ties
 - wrinkle free nightgowns, nightshirts and robes
- Music. Research shows that music has a positive impact on individuals with Alzheimer's, bringing them back to good times, increasing stimulation and providing an opportunity to interact with family members. Buy favorite CDs or burn a CD full of musical favorites
 - Copy photos of family members and friends at photo centers, insert the names of the people in the photo and put in frames or in a photo album created specifically for that person.

Anne Arundel County
Department of Aging & Disabilities
National Family Caregiver Support Program

2666 Riva Road, Suite 400
Annapolis, MD 21401

Phone: 410-222-4339
Email: caregiver_support@aacounty.org
Web: www.aacounty.org/aging



A special thank you to Somerford Place Annapolis for their Gold Level Sponsorship of the 24th Annual Caregivers' Conference!

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**Anne Arundel County
County Executive
Steve Schuh**

Arundel Center
44 Calvert Street
Annapolis, MD 21401

**Pamela Jordan
Department of Aging & Disabilities
A Maryland Access Point Program
Heritage Office Complex**

**2666 Riva Road, Suite 400
Annapolis, Maryland 21401
Phone: 410-222-4464
Fax: 410-222-4360**

**Family Caregiver Support
Program Staff**

Mary Chaput, Program Director
Patricia Lortie, NFCSP Coordinator
Dee Scharff, RCRP Coordinator

- Information & Assistance (I&A)
- Adult Evaluation & Review Service (AERS)
- Adult Public Guardianship
- Community Care Partnership
- Disabilities Information
- Long-Term Care Ombudsman/Resident Advocates
- Medical Assistance Personal Care Program (MAPCP)
- Medicaid Waiver Program
- National Family Caregiver Support Program (NFCSP)
- Respite Care Referral Program (RCRP))
- State Health Insurance Assistance Program (SHIP)
- Senior Activity Centers
- Senior Center Plus
- Senior Housing Assistance
- Senior Legal Assistance
- Senior Medicare Patrol (SMP)
- Senior Nutrition Program
- Van Transportation
- Volunteer Programs
 - ◆ Foster Grandparents
 - ◆ Telephone Reassurance
 - ◆ P.A.W.S. (People & Animals Who Serve Anne Arundel Co.)
 - State Health Insurance Assistance Program (SHIP)

To join the NFCSP mail list and receive information regarding up-coming workshops and conferences, or to receive the *Caregivers' Voice* by email, call 410-222-4339 or email us at: caregiver_support@aacounty.org
Back issues of the newsletter are available on the Family Caregivers' website at www.aacounty.org/aging.

For information on sponsoring an edition of the *Caregivers' Voice*, contact Mary Chaput at 410-222-4339 or email caregiver_support@aacounty.org.

The newsletter is published quarterly and distributed to more than 2,500 caregivers and available on the world-wide web.