

The Caregiver's Voice

For People Caring for Family, Friends, & Neighbors

Volume 10, Issue 1
Winter 2017

The Caregiver's Voice is a quarterly publication of the AA County Department of Aging & Disabilities' National Family Caregiver Support Program. Contact us at: 410-222-4339/4375 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! Spring 2017 Workshops Resume



The Mechanics of Caregiving

Ben Ogundip, PT

Come learn how to help your loved one with the activities of daily living without jeopardizing your own health as Ben demonstrates injury prevention strategies related to care giving duties.

Tuesday, March 7, 2017 (6:30-8:30 pm)

Annapolis Senior Activity Center
119 S. Villa Ave., Annapolis

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, March 14, 2017 (6:30-8:30 pm)

Pascal Senior Activity Center
125 Dorsey Road, Glen Burnie

Different Types of Dementia, Diagnoses & Treatment

Nicole Absar, M.D.

Wednesday, Apr. 12, 2017 (6:30-8:30 pm)

Pascal Senior Activity Center
125 Dorsey Road, Glen Burnie

Meaningful Pursuits

Jeannie Finnegan, CDP

Wednesday, May 10, 2017 (6:30-8:30 pm)

O'Malley Senior Activity Center
1275 Odenton Road, Odenton

Communicating through Behaviors & The Virtual Dementia Tour®

Department of Aging Staff

Tuesday, May 16, 2017 (6:30-8:30 pm)

Annapolis Senior Activity Center
119 S. Villa Ave., Annapolis

Tuesday, June 13, 2017 (6:30-8:30 pm)

St. John Lutheran Church
300 West Maple Road, Linthicum

Travel with a Dementia Loved One

Jennifer FitzPatrick, MSW, LCSW-C

Wednesday, June 14, 2017 (6:30-8:30 pm)

South County Senior Activity Center
27 Stepneys Lane, Edgewater

Pre-registration is requested for workshops. Register on-line at www.aaacounty.org/aging or call 410-222-4375/4339

Pre-registration is **required** for *Communicating through Behaviors the Virtual Dementia Tour®* as space is limited. Register by calling 410-222-4375/4339/4377.

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.

Save the Date!

Caregivers' ^{25th} Annual
Conference

Saturday, April 22, 2016

8:30 a.m.—3:30 p.m.

The Hotel at Arundel Preserves

Road Scholar's Caregiver Grants



It all started as a conversation between friends. In the early 1970s, Marty Knowlton, hired as the director of the University of New Hampshire's youth hostel program,

had just returned from four years of backpacking through Europe. Sharing tales of his travels with longtime friend David Bianco, Knowlton stressed how impressed he was with Europe's youth hostels and with the Scandinavian tradition of "folk schools" for adults.

They couldn't help but wonder: Why aren't there more opportunities for American adults to travel and learn? The two hatched an idea to offer courses for students over 60 to engage with faculty and stay in unused dorm rooms in the summer. Founded as Elderhostel in the summer of 1975, Road Scholar began as a learning program conceived to combine not-for-credit classes with inexpensive lodging for older adults.

Today, Road Scholar offers 5,500 learning adventures, serving more than 100,000 participants annually. Our programs combine travel and education to provide experiential learning opportunities featuring an extraordinary range of topics, formats and locations, in every state in the U.S., 150 countries and aboard ships on rivers and oceans worldwide. While the "hostel" lodging of long ago has given way to today's more comfortable accommodations, Road Scholar strives to always remain true to our roots. Today, we

continue designing programs that foster a sense of community and camaraderie — only fitting for an organization that started as a chat between friends.

Caregiver Grants.

At Road Scholar, we acknowledge the weighty responsibility all adults who serve as family caregivers for ill or disabled relatives carry. The warm, welcoming and friendly nature of our learning adventures provide a much-needed respite from the emotional and physical demands of being a caregiver. We're committed to helping you offset the costs of arranging substitute care while you attend a Road Scholar learning adventure through our

You're an eligible caregiver if...

- your loved one is receiving Home Care, Hospice, visiting nurse, LPN services, or comparable or related services.
- your loved one is in Hospice, Adult Day Care, Memory-care, Nursing Home or comparable or related facility.
- you lost a loved one within the past two years who was in any of the above situations.
- you live in the United States and are 50 years of age or older.

For more information, go to <https://www.road scholar.org/about/financial-assistance/caregiver-grants/>.

Grandparents Raising Grandchildren (and Other Kinship Caregivers!)



Grandparents play a unique role in their grandchildren's education. We may or may not be the place of overseeing homework and day-to-day decisions about education.

But we can all provide a supportive hand for our grandchildren by assisting them with homework, showing interest in the functions at their school, and helping to broaden their learning.

Research shows that students learn best when adults around them reinforce what's being taught. Whether or not you have expertise in any of their academic subjects, there are always opportunities to ask questions about what they are learning and help them make the connections to real world applications. If you have the chance to help them with routine homework or a special project that creates an opportunity to validate their role as students and also can create a special bond.

There are many places to "plug into" activities at school functions. Attending sporting and drama events are obvious ways to be a part. But there may also be opportunities to volunteer to assist with special events such as field trips or class parties. And if a teacher knows about a special skill that you possess, there may be a chance to build a classroom learning experience around some area of your expertise.

Educational opportunities go well beyond the classroom. You can share your enthusiasm for skills and hobbies that you enjoy. Maybe you like to tinker with cars, or bake, or garden, or smoke meats, or work on a craft with your hands. If you can share your excitement with them, they just may be interested in jumping into your hobbies.

Kids can be surprisingly curious about the world around them,

especially when they pick up on your sense of adventure.

Sometimes it's easy to get into a rut of the day to day.

Throughout the nation, there are 1000's of National and State Parks, Local Museums, State & County Fairs, and cultural events. If you are willing to do a little checking, you should have no problem finding activities

Good teachers know what appeals to their individual students. Likewise, we should learn and appeal to our kids' learning styles. Cheri Fuller describes the three categories of learners: talkers and listeners, doers and touchers, and watchers. Each of our grandchildren demonstrate one or a combination of these strengths in their approach to learning. That's why a grandparent shouldn't expect a "doer and toucher" grandchild to sit still for very long during a lecture or an extended homework session. And that's why auditory "talkers and listeners" learn better from tapes than from books.

But before we categorize our grandchildren too fast, it's much more complicated than that. Your grandchild's temperament comes into play: one grandchild will keep trying and trying until she can ride that bicycle; another will give up after one crash and wait a few months or years. And there are other factors: some kids like structure; some thrive with background music and indirect light; some do their best early in the morning; some need to bounce ideas off other students. The point is not that we should let our kids' learning styles rule our lives to the point of disruption, but rather that most of us need to be more sensitive to this aspect of our kids' education.

Posted by Ken Canfield - April 7, 2016
www.GrandsMatter.org

The Pygmalion Effect (Karen Love, Executive Director, Dementia Awareness Alliance)



In 1968, Robert Rosenthal and Lenore Jacobson published groundbreaking research that showed teacher expectations of students became self-fulfilling prophecies. The researchers randomly selected a group of students regardless of their actual test results and led the teachers to believe that this group was capable of great academic achievement. At the end of the year the students were retested. The group labeled high academic achievers did, in fact, show higher achievement than the other students. Mr. Rosenthal summarized this finding: "What one person expects of another can come to serve as a self-fulfilling prophecy." This outcome has become widely known as the Pygmalion Effect.

The dynamics of the Pygmalion Effect have significant impact for living well with dementia. While research is for people who have dementia, there is abundant anecdotal evidence among person-centered dementia care experts that the Pygmalion Effect similarly applies. The conventional mindset about people living with dementia is lowered expectations about what they can do and how they can function and live. The lowered expectations they have of what the individual can do become fulfilled as they don't engage, interact, and provide opportunities for interesting and fun activities at the same level they would if their expectations were higher. I experienced the Pygmalion Effect several times at a memory care assisted living community. I watched one gentleman walking around while some of the other residents were engaged in an exercise program. I realized after a few minutes that he was keeping an eye on some residents in case they needed help. Since he liked to 'help,' I asked if he could help me with my sore hands by massaging them with lotion. He gently and intently massaged the lotion into both my hands, and beamed at my thanks and praise. It was obvious by his expression and focus that this engagement was meaningful and purposeful to him. The staff, who felt they knew him well, perceived he couldn't do much, so they didn't engage him in ways that were meaningful to him. The staff were surprised that he was able to provide a

good hand massage. Not only were they missing out on wonderful hand massages, but more importantly, they were missing opportunities to help him live a more fulfilling life. Another resident was sitting alone. I asked what this resident liked to do and was told, "Nothing, she can't do anything". Not knowing anything about her except that she had advanced dementia, I knelt beside her and offered a small pillow covered in a soothing, tactile fabric. She immediately started stroking the pillow and then began exploring the seams with a sweet, serene expression on her face. As I was getting ready to leave the woman's daughter arrived to visit her mother. I described how much her mother enjoyed the tactile pillow. The daughter explained that her mother had been a seamstress. It reminded the daughter that her mother would enjoy some of the lap quilts she made and it was a way for the daughter to keep connected and feel helpful to her mother.

Because parts of the brain have been affected by the condition, care partners need to employ a handful of techniques to successfully engage and support.

- Introduce an item or activity with authentic enthusiasm. Enthusiasm is a great motivator for engagement.
- Once an item or activity is introduced, be sure to give the individual time to process what they have been presented with so they can start to engage. A common mistake is to think if they don't react in the same amount of time that people without cognitive impairment do that they either aren't interested or that they are not capable.
- Pick a good time of day. Mental function and energy levels rise and fall during the day.
- Provide encouragement and positive praise. "Great job," or "You haven't lost the touch" are several ways to trigger smiles and feelings of self-worth.
- Understanding there is no wrong way to enjoy something removes possible frustrations and creates a mindset for fun. Stacking the dominoes may be more interesting for someone with advanced dementia than other ways of using the dominoes.

When people understand what it means for someone to live fully, they can change their mindset. .

Kenneth S. Batteye Charitable Trust Fund Grant

alzheimer's  association®

The Greater Maryland Chapter of the Alzheimer's Association is facilitating caregiver grants through the Kenneth S. Batteye Charitable Trust Grant Fund. This grant provides funding for respite services to make the quality of life better for persons with Alzheimer's disease or a related dementia and his or her family or care partner. Use of this fund includes (but is not limited to):

- escorts to medical appointments
- purchases of emergency respite in event of sudden illness or hospitalization of the primary family caregiver/care partner
- assistance to alleviate crisis situation

Grants are available on a one-time only basis for up to \$500.00 per client.

For more information and an grant application, contact Shelley Jennings, Program Coordinator for the Alzheimer's Association, Greater Maryland Chapter, at 410-561-9099 or 1-800-272-3900.

The 2017 Support Group schedule is available on-line at <http://www.aacounty.org/services-and-programs/national-family-caregiver-support-program> or by calling 410-222-4375.



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

For information on cancer, diabetes, cardiac, stroke, Parkinson's disease or other support groups, call (410) 222-4375/4339 or email: caregiver_support@aacounty.org.

If AA County schools are closed or close early due to inclement weather, support groups are cancelled that day

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 the 2016-2017 Caregivers' Workshop sponsors!



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

**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: 410-222-4257
Fax: 410-222-4360**

**Family Caregiver Support
Program Staff**

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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.