

## Family Caregiver Educational Workshop Schedule 2017-2018



### NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM

(410) 222-4257  
[www.aacounty.org/aging](http://www.aacounty.org/aging)  
[caregiver\\_support@aacounty.org](mailto:caregiver_support@aacounty.org)

*Some days, doing “the best we can” still falls short of what we would like to be able to do, but life isn’t perfect on any front – and doing what we can with what we have is the most we should expect of ourselves or anyone else.*

Fred Rogers

Anyone needing special accommodations must contact Mary Chaput at 410-222-4339 or by e-mail at [agchap01@aacounty.org](mailto:agchap01@aacounty.org) at least seven days in advance of the event. TTY users, please call via Maryland Relay 7-1-1.

## Workshop Series Sponsors GOLD LEVEL

SOMERFORD PLACE  
 ALZHEIMER’S ASSISTED LIVING

FIVE STAR SENIOR LIVING™

## BRONZE LEVEL

**Home Instead**  
 SENIOR CARE  
*To us, it's personal.*

*Annapolitan*  
 ASSISTED LIVING COMMUNITY

**Genesis**

## INDIVIDUAL WORKSHOPS

**REGENT**  
 HEALTHCARE



FutureCare  
 CHESAPEAKE



ComForCare  
 HOME CARE

**Senior Helpers**  
 Care and comfort at a moment's notice.

While grateful for our sponsors, the Department of Aging & Disabilities does not endorse any particular vendor or business. Anne Arundel County reserves the right to approve and/or refuse potential sponsors.

**MEET THE STAFF – DISCOVER THE PROGRAMS**

*Department of Aging & Disabilities Staff*

A panel of Anne Arundel County’s Department of Aging & Disabilities staff will share the myriad of services offered by the Department for seniors, adults with disabilities, and caregivers.

*Thursday, Sep. 7, 2017; 6:30-8:30 pm  
Annapolis Senior Activity Center  
119 S. Villa Avenue, Annapolis*

or

*Thursday, Sep. 14, 2017; 1:00-3:00 pm  
Department of Aging & Disabilities  
North County Office  
7320 Ritchie Highway, Glen Burnie*

**CARING FOR SOMEONE WITH A MENTAL ILLNESS**

*Kim Burton, Director of Older Adult Programs, Maryland Coalition on Mental Health & Aging*

There is no ‘one size fits all’ model for supporting someone with a mental illness. How you care for someone will depend on you and the person you care for. Maintaining your physical and mental health makes you more resilient, helping you weather hard times and enjoy good ones.

*Thursday, Oct. 5, 2017 (6:30-8:30 pm)  
Pascal Senior Activity Center  
125 Dorsey Road, Glen Burnie*

**STAGES OF DEMENTIA**

*Jennifer FitzPatrick, MSW, LCSW-C*

This program will cover the three stages of Alzheimer’s Disease as well as other

dementias. What are the symptoms of these stages and how should we treat them? How should we communicate with patients transitioning through these stages? This interactive discussion will also include best practices in communication, understanding behaviors and end of life with dementia.

*Thursday, Nov. 2, 2017 (6:30-8:30 pm)  
Annapolis Senior Activity Center  
119 S. Villa Avenue, Annapolis*

**DIFFERENT TYPES OF DEMENTIA**

*Ann Morrison, PhD, RN.*

As understanding of the brain has grown, science has been able to identify and differentiate many causes of dementia. While Alzheimer’s is the most common type of dementia, newly acquired knowledge and technologies are allowing doctors to diagnose and distinguish different types of dementias better than ever before.

*Thursday Mar. 1, 2018 (6:30-8:30 pm)  
Pascal Senior Activity Center  
125 Dorsey Road, Glen Burnie*

**IS YOUR LOVED ONE’S PHARMACY KEEPING UP?**

*Pharmacy Staff, Arnold, Annapolis, MedPark and Empire Professional Pharmacy & Medical Equipment*

Please come join our pharmacist for an informative time as we discuss how pharmacy has evolved. Topics include, compliance packaging, synchronization of medicines, vitamin and nutritional support for seniors, immunizations, compounding

as well as other pharmaceutical health trends.

*Thursday, Apr. 5, 2018; 6:30-8:30 pm  
Annapolis Senior Activity Center  
119 S. Villa Avenue, Annapolis*

**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.

*Thursday, May 3, 2018 (6:30-8:30 pm)  
Pascal Senior Activity Center  
125 Dorsey Road, Glen Burnie*

**UNDERSTANDING PALLIATIVE CARE**

*Hospice Chesapeake*

Palliative care, a specialized type of health care for patients with serious health condition, aims to improve the quality of life for patients and their families. Often confused with hospice care, palliative care is appropriate at any stage of an illness, can be used with curative treatments, and is often an extra layer of support to help provide relief from symptoms and manage stress.

*Thursday, Jun. 7, 2018 (6:30-8:30 pm)  
Annapolis Senior Activity Center  
119 S. Villa Avenue, Annapolis*

Pre-registration requested for workshops so that we can ensure enough materials are available. Register on-line at [www.aacounty.org/aging](http://www.aacounty.org/aging) or by calling 410-222-4375/4339.

**COMMUNICATING THROUGH BEHAVIORS**

*Department of Aging Staff*  
This workshop encompasses an experiential learning tool followed by a debriefing and educational component. Space is limited; registration by phone is required.

Department of Aging & Disabilities  
North County Office  
7320 Ritchie Highway, Glen Burnie

Tuesday, Sep. 19, 2017; 6:30-8:30 pm

Tuesday, Oct. 17, 2017; 6:30-8:30 pm

Tuesday, Dec. 5, 2017; 6:30-8:30 pm

Tuesday, Jan. 23, 2018; 1:00-3:00 pm

Tuesday, Mar. 13, 2018; 6:30-8:30 pm

Tuesday, Apr. 17, 2018; 1:00-3:00 pm

Tuesday, May 15, 2018; 6:30-8:30 pm

Pre-registration **by phone is required** for the *Communicating through Behaviors* as space is limited: 410-222-4375/4339.