



**THE DEMENTIA LIVE®
EXPERIENCE**

This workshop is a high impact, dementia simulation experience that immerses participants into life with dementia, resulting in a deeper understanding of what it is like to live with cognitive impairment and sensory change. Space is limited at each session.

Pre-registration by phone is required:
410-222-4375/4339.

Wednesday, Jan. 24, 2024: 1:00 pm

Wednesday, Feb. 21: 10:00 am

Wednesday, Mar. 20, 2024: 6:30 pm

Wednesday, Apr. 24, 2024: 6:30 pm

Thursday, May 23, 2024: 6:30 pm

In-person sessions held at the Glen Burnie/Hein office location: 7320 Ritchie Highway.

Anne Arundel County Department of Aging & Disabilities
7320 Ritchie Highway
Glen Burnie, MD 21061



CAREGIVER WORKSHOPS

Winter-Spring 2024



NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM

When we are no longer able to change a situation, we are challenged to change ourselves.

~Victor Frankl

(410) 222-4257

www.aacounty.org/aging
caregiver_support@aacounty.org

Winter Emergency Preparedness for Caregivers

James Kremple, AA County Office of Emergency Management

Learn practical steps for being better prepared for cold weather emergencies and share your own experiences.

- Winter Hazards
- Staying Informed
- Emergency Planning for Yourself and Those Under Your care
- Emergency Communications
- Caregiver Tips and More Information

January 17, 2024; 2:00 pm
*North County Office/Hein Bldg.
7320 Ritchie Highway, Glen Burnie*

Dementia: It's Not Just Memory Loss

Mary Chaput, MA, CDP; Director, Family Caregiver Support Programs

Dementia is a devastating illness that is more than just memory loss. It is a degenerative disease that impacts an individual's physical, cognitive, emotional and social functioning. This session will delve into the 5 A's of dementia and the impact they have on the individual with dementia and their caregivers.

February 1, 2024; 2:00 pm
*North County Office/Hein Bldg.
7320 Ritchie Highway, Glen Burnie*

Supportive Care

Michelle Henderson, Chesapeake Life Center

When you or a loved one is seriously ill, it changes all parts of your life. Where do you turn? Supportive care can help. Understanding supportive care can lead to better decisions about the care you

choose. Join us to learn more about Supportive Care and how it is care that meets the needs of each person.

February 8, 2024; 2:00 pm
*North County Office/Hein Bldg.
7320 Ritchie Highway, Glen Burnie*

Mechanics of Caregiving

Ben Ogundipe, PT, DPT

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.

March 6, 2024; 6:30 pm
*Annapolis Senior Activity Center
119 S. Villa Avenue, Annapolis*

Legal and Financial Advance Planning

Lindsey Moss, Esquire

It is normal to feel overwhelmed by the details of legal and financial planning but creating a plan for your future can be empowering and ensure your wishes are met. The sooner you establish your legal plans, the better prepared you and your family will be.

May 1, 2024; 6:30 pm
*Pascal Senior Activity Center
125 Dorsey Road, Glen Burnie*

If AACPS are closed for the day, workshops are cancelled.

If AACPS schools close early or cancel after school/evening activities, workshops are cancelled.

Stop Asking How Their Day Was

Jennifer FitzPatrick, MSW, LCSW-C, CSP

When someone has dementia, asking questions like, "how was your day, Mom?" is often counterproductive. Join us for this interactive program on what to say to someone you love who has dementia and how to establish and maintain more meaningful connections. This program is particularly helpful for those who are visiting their loved ones in senior living communities or at another person's home.

May 16, 2024; 6:30 pm
*Annapolis Senior Activity Center
119 S. Villa Avenue, Annapolis*

Making the Transition to Assisted Living

Jennifer Sapp MSG., MSW, LCSW-C

Making the decision to move into an assisted living facility is fraught with emotion for the individual as well as for you, the caregiver. Second guessing the decision and guilt are very normal feelings. This workshop will help you know if – and when – the time is right for this move and how to make the transition a bit easier for both of you.

June 5, 2024; 6:30 pm
*Pascal Senior Activity Center
125 Dorsey Road, Glen Burnie*

Pre-registration is requested for all in-person workshops so that we have adequate materials. Register on-line at www.aacounty.org/aging or by calling 410-222-4375/4339.

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