Fall Caregiver Educational Workshops

October 29th
Respite Care: What Is It and How Do I Get It?
7:00 pm VIA the Zoom platform

Respite care is an essential part of the overall support that families may need to keep their family member with a disability at home. Understanding when it’s time to find that care, whether a few hours a week or round-the-clock, is essential for family caregivers. This workshop will help you plan for and find care and will explore options for paying for care. Mary Chaput, M.A., CDP, CDCP, Dementia Live Coach & Practitioner

"SnowDemic" - Preparing for Winter Weather During a Global Pandemic
November 4, 2020
7:00 VIA the Zoom Platform

This workshop offers a look at winter weather and COVID-19 hazards with tips for preparing individuals, families, and your community. This Workshop will specifically include practical preparedness information for caregivers of individuals with access and functional needs. James Krempel, Office of Emergency Management, Community Outreach Coordinator

Coping with the Holidays
November 17th
7:00 pm VIA the Zoom platform

The holidays will soon be upon us, and with COVID, we know that many traditions may need to change. Join us as we discuss new ways to cope with holiday overload so that you can leave room for what really matters to you and your loved ones during the season. Please bring a pen and paper as we will engage in some enlightening activities that will help you prioritize what is most important, simplify, set boundaries, reduce stress and feel empowered with new tips and techniques for holiday wellness. Pam Brandon, President & Founder, AGE-u-cate Training Institute, LLC

Register on-line at aacounty.org/aging or call 410-222-4339.

The Dementia Live® workshops are also on a “hold” status; we so look forward to resuming these sessions once we are able to share this experience in a safe (distancing) manner.

On-Line Videos

- Dementia and COVID-19
- At Home with a Loved One with Dementia
- Dementia: It’s Not Just Memory Loss
- Communicating through Behaviors
- Self-Care During COVID-19
- When You’re Already a Worrier
- Discover the Programs
Respite Care Referral Program

With the goal of providing a lower-cost alternative to allow older adults and individuals with a disability to remain in their homes, the Anne Arundel County Respite Care Referral Program (RCRP) maintains a registry of self-employed caregivers. Older adults, adults with disabilities, and their families who are looking for assistance with meal preparation, shopping, transportation to doctors' appointments, bathing, and other daily activities will be provided with names and phone numbers of registry members. As self-employed contractors, respite care workers negotiate with and are paid directly by the client.

Respite care workers are expected to provide personal and supportive in-home services. Workers assume responsibility for the health, safety, and mental well-being of the client. Workers perform tasks that are needed to maintain the client in his/her home and assure a safe and sanitary environment. Workers are alert to changes in the client's status that may require further intervention of health professionals.

All respite care workers undergo a criminal background check and complete a two day in-person or three day virtual training. All respite care workers are also required to complete additional training through the Anne Arundel County Department of Aging and Disabilities annually.

Any resident of Anne Arundel County in need of respite care or family caregivers who care for Anne Arundel

Grandparents Raising Grandchildren: (Check out more e-learning resources at aacps.org.)

Continued on page 3
The 2020 Holiday Season

As if you don’t have enough stress dealing with everyday life and caregiving issues, especially during the 2020 pandemic, the holidays are creeping up—quickly! So, let’s revisit some tips that might help you actually enjoy them.

If you care for someone living with dementia, the routines you have established during non-holiday times you keep your loved one comfortable in his/her environment. When the routines are disrupted during the holiday, you may see changes in their behavior and demeanor. For many individuals living with dementia, even three people can seem like a crowd. When you add in lights and music, excited children, and noisy conversations, the person with dementia might experience sensory overload and become even more agitated and confused. During the holidays, the house takes on a different look and feel. More people coming and going may mean more names he or she forgets and faces they don’t recognize. Conversation becomes difficult to follow.

Respite Care Referral Program (continued)

Go easy on the decorations and try not to move furniture around. Take a good look at your decorations. Make sure electrical cords are out of sight; you may want to steer clear of blinking lights as they can be confusing for someone with dementia. Maintain a sense of familiarity within the home; moving furniture around to accommodate a tree or other decorations can cause confusion. While changing familiar settings can create confusion; extra cords, decorations, and piles of gifts can be a mobility hazard.

The restrictions coming from COVID-19 will most probably limit the number of guests in your home and the number of visits to other’s homes. When visitors or visits do happen, make sure a quiet space is available for your loved one to take a break.

Keep in mind your own needs during this holiday season. The pandemic has made it more difficult to get the hands-on support you need and deserve. Adjust your expectations. Explore simpler ways to celebrate.

**Screening and Interviewing**

- Pre-screen workers over the telephone
- Interview more than one worker in-person
- Ask to see a photo ID.
- Always ask for and check references.
- Ask questions about the applicant’s training, background and experience.
- You can ask to see a copy of the worker’s driving record.
- Don’t commit yourself on the spot.

**Your Responsibilities**

- Give clear directions. Identify things you do and don’t want the worker to do.
- Use a written agreement to clarify expectations and services.
- Be consistent with your expectations.
- Be businesslike in your relationship.

**Cost**

- There is no charge for the referral service.
- Fees are agreed upon by the client and the caregiver.
- Medicare does not pay for respite care.
- Some long-term care insurance policies will cover services. Talk with your specific insurance company.

**Caregiver Support Facebook Group**

Family caregivers, living in or caring for someone in Anne Arundel County, are invited to join our Facebook Support Group page. We hope this gives you the opportunity to connect with each other, share your concerns and your experiences and, hopefully, laugh in-between meeting times. For those of you unable to attend the day-time meetings due to work schedules or other commitments, this format provides you with the opportunity to connect, share with and support other caregivers. You can find the group on Facebook.com/ArundelSeniors.

**Family Caregiver Support Groups**

Jennifer Sapp, MSW, MSG facilitates monthly support groups:

**Glen Burnie Virtual Support Group**
October 14th
November 4th
December 9th
1:00-2:30 pm

Zoom link: [https://zoom.us/j/95528073816?pwd=YkJ4WHc5TWxvcVNYd2RuM0sOWFEGd2Ru](https://zoom.us/j/95528073816?pwd=YkJ4WHc5TWxvcVNYd2RuM0sOWFEGd2Ru) or call 301 715 8592 US
Meeting ID: 955 2807 3816
Password: 825823

**Annapolis Virtual Support Group**
October 20th
November 17th
December 15th
1:00-2:30 pm

Zoom link: [https://zoom.us/j/92339386298?pwd=U1JyOGNxZ29vSTFfVWNaFdzZUI7c09](https://zoom.us/j/92339386298?pwd=U1JyOGNxZ29vSTFfVWNaFdzZUI7c09) or call 301 715 8592 US
Meeting ID: 923 3938 6298
Password: 825823

Contact Information

To connect, share with and support other caregivers, use the Facebook Group page for weekly meetings. The county provides respite care for family caregivers. The Respite Care Referral Program assists caregivers in arranging for temporary help. The program connects family caregivers with respite care providers who assist with a variety of services to support families who care for a loved one with a chronic illness.

**Suggestions**

- Be consistent with your expectations.
- Be businesslike in your relationship.
- Always ask for and check references.
- Ask questions about the applicant’s training, background and experience.
- You can ask to see a copy of the worker’s driving record.
- Don’t commit yourself on the spot.

**Caregiver Support**

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National Family Caregiver Support Program

7320 Ritchie Highway
Glen Burnie, MD 21061

Phone: 410-222-4339/4375
Email: caregiver_support@aacounty.org
Web: www.aacounty.org/aging

- Information & Assistance (I&A)
- Adult Evaluation & Review Service (AERS)
- Adult Public Guardianship
- Americans with Disabilities Act Office (ADA)
- Assisted Living Facilities Program
- Evidence-Based Health Promotion
- Long-Term Care Ombudsman/Resident Advocate
- National Family Caregiver Support Program (NFCSP)
- Respite Care Referral Program (RCRP)
- Senior Activity Centers
- Senior Care, Senior Center Plus
- Senior Nutrition Program
- Supports Planning
- State Health Insurance Assistance Program (SHIP)
- Telephone Reassurance Program
- Volunteer Programs

Anyone needing accommodations to caregiver events 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.

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.