



The Caregiver's Voice

For People Caring for Family, Friends, & Neighbors

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Fall 2022

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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Fall 2022 Caregiver Workshops



DEALING WITH DEMENTIA RELATED BEHAVIORS

Mary Chaput, MA, CDP, Dementia Live® Coach/Practitioner

As an individual with dementia loses their ability to communicate with words, behavior becomes a powerful form of communication. Often, it is an individual's only way to communicate their needs, their feelings, and their pain. Sometimes these behaviors pose real challenges for the caregiver. This workshop will identify some common difficult behaviors and their triggers, as well as strategies to help decrease them.

October 13, 2022; 6:30 pm

North County Office/Hein Bldg.—7320 Ritchie Highway, Glen Burnie

COMMUNICATION STRATEGIES FOR DEMENTIA: HOW DO I TALK TO YOU? HOW DO I LISTEN?

Mary Chaput, MA, CDP, Dementia Live® Coach/Practitioner

Communication is more than words; it's also about body language, facial expression and tone of voice. As a dementia progresses, the individual loses their ability to use and understand words and caregivers need to find a new way to connect. This workshop will identify some simple tools to help you maintain these connections.

November 17, 2022; 6:30 pm

Annapolis Senior Activity Center—119 S. Villa Avenue, Annapolis

POSITIVE APPROACH TO CARE

Jennifer Jackson, PAC Certified Independent Trainer, Dementia Live Coach

Participants will discuss the value and importance of seeing people living with dementia as having retained abilities, value, and benefitting from the right support and care to optimize performance and quality of life. In addition, you will learn the technique of Compassionate Touch®, which is designed to ease physical behaviors and emotional distress and empowers care partners and other caregivers a way to connect with their loved one in a calm and comforting manner.

December 8, 2022; 6:30 pm

North County Office/Hein Bldg.—7320 Ritchie Highway, 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

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.

October 12, 2022 – 1:00 pm
(VIRTUAL)

November 9, 2022 – 6:30 pm
(IN-PERSON; *Glen Burnie/Hein Bldg.—7320 Ritchie Highway.*)

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

Assistive Technology Loan Closet (Jennifer Jackson, Program Manager, Community & Disability Services & ADA Coordinator)



Assistive technology is any item, piece of equipment, software program, or product system that is used to increase, maintain or improve the functional capabilities of persons with disabilities. Assistive technology allows individuals with disabilities to carry out activities of daily living (bathing, dressing, eating, etc.), participate in the workforce, communicate, learn, and enjoy recreational activities. Assistive technology can provide the support individuals with disabilities need to live independently.

At the Anne Arundel County Department of Aging and Disabilities, the Americans with Disabilities Act (ADA) Office maintains a collection of assistive technology that is available for loan or demonstration for Anne Arundel County employees, residents, their families, professionals, and educators who work with individuals with disabilities. Participants can borrow assistive technology equipment for a maximum of 3 weeks or schedule a product demonstration with ADA staff free of charge. Assistive technology can be expensive. The Assistive Technology Loan Program will allow individuals living with disabilities to “try before you buy” and decide whether a particular assistive technology device is the best one for them.

ADA Office Staff is available to:

- Assist individuals with the identification of equipment available in the AT library

- Provide instruction on how to use the equipment
- Connect the individual with programs that can help the individual purchase equipment after the loan period is over, if financial assistance is needed

The Assistive Technology Loan Program has an inventory of assistive technology for those needing assistance with hearing, vision, mobility, and communication. Items within the Assistive Technology Loan Program for demonstrations and for loans are not for sale, however, staff will provide individuals with the opportunity to borrow and use the equipment to see if it meets the needs of the individual. Staff is also able to assist with locating resources to help individuals purchase assistive technology equipment. A virtual catalog is also available online where interested individuals can view the equipment along with a short description. The virtual catalog can be found by visiting the ADA Office webpage at www.aacounty.org/ATLoanProgram.

Anyone interested in learning more about the Assistive Technology Loan Program can contact the ADA Office at (410) 222-4383. You may also submit a request to borrow assistive technology equipment using the online request form found on the ADA Office’s website. Once your request has been received, a staff member will contact you to set up an appointment to view available equipment, provide product information and demonstrations, and complete the application process to borrow equipment.

Coping with Grief (Beth Mucciacciaro RN, Grief Counselor)



“Two things in life change you, and you are never the same: Love and Grief.”

-Author Unknown

Grief can be caused by so many different situations and events in our lives. The reasons behind grief are endless. Although grief is the normal, natural reaction to loss, it can get messy, complicated, and layered. During these recent years of the Covid pandemic, social unrest, war, natural disasters, violence and more, the subject of grief has been in the public conversation more. Many of us were grieving at the same time, for a long time. So many losses; too many people.

Coping with the loss of loved ones is often one of the hardest challenges. The loss is permanent and that takes time to absorb. The truth is, sometimes we just do not have any choice about the loss or losses that hit us. At its worst, we can feel completely disabled and wonder how we will survive. We begin to learn only afterwards we have choices on how to cope with our situation.

When grief is present throughout our days and nights we develop personal coping mechanisms to gain relief. Sometimes people will use alcohol or drugs in attempt to numb, lessen, or block the pain of grief. These methods

provide short-lived relief and often just delay the healing process, not to mention create new problems. Acknowledgement of the pain is more effective than trying to bury or ignore it.

Throughout my years as a nurse and a grief counselor, I’ve had the privilege to be and work with actively grieving people. Although everyone’s situation is unique to them, I have taken notice and witnessed many healthier ways of coping with grief that seem to lessen the distress and allow an unwanted situation to become a little more manageable. I will share with you a brief list of ideas to try (in no particular order):

Being with someone who listens – kindness – prayer – spirituality – nature and the outdoors – companionship – sharing – rest- learning something new – nonjudgement – naps – self-care basics (hygiene, food, exercise, sleep) – animals – friends – breathing (all kinds, most especially for anxiety) – asking for help – letting others know what does help – laughter when arises – caring for something else – community – hobbies new and old – reading – movies – water to drink – water to see, hear, feel – forgiveness - talking it out – crying – crying some more – meditation – screaming – routines - rituals - honoring our

Caregiver Funding Opportunity



AMERICAN RESCUE PLAN (ARP) GRANT

Funds are currently available for the American Rescue Plan Grant.

Caregivers of adults 18 years of age and older with a disability may receive a grant for 12 days of service at Active Day Annapolis or Woods Adult Day Services. The care recipient must be a resident of Anne Arundel County and live in the community. Nursing home or assisted living residents are not able to participate in this pilot.

If you have not received this grant since January 1, 2022, you can call 410-222-4375/4339 to determine eligibility and apply.

Coping with Grief (continued)

loss – sunshine – writing – shared meals – phone calls – hugs – remembering – feeling what you feel – faith – helping another

Maybe you could ask yourself ...
What do I need?
What might help me?

It is ok if you don't have answers. You can ask again. Remember that each grief experience is really a discovery process within yourself. Starting with a small change is just fine. Even the tiniest small steps can be built upon and promote movement which is important in grief. This can be accomplished in your own time, in your own way. Another idea is to identify or find comfort in someone else's writing.

*"Grief never ends,
but it changes.
It's a passage,
not a place to stay.
Grief is not a sign of weakness,
nor a lack of faith.
It is the price of love."*

-Author Unknown

When life is interrupted by loss please try to show yourself some gentle kindness. It is not easy. Quite a lot of time (usually way more than we think) is needed to adapt and adjust to new circumstances. The grief process can often be felt as long, lonely, scary, and very intense. Consider utilizing a healthy coping strategy (or more) that could help provide a measure of comfort and hope.

"Healing doesn't mean the loss didn't happen. It means that it no longer controls us."

-David Kessler, "Finding Meaning, the Sixth Stage of Grief"

Grief can be so challenging. If you or someone you know is enduring a loss and would like additional help and support, it is available. I assist grieving Anne Arundel County adults age 55 and up both individually, and in group settings. Connections can also be made with additional county resources as needed.

Feel free to contact me:
Beth Mucciacciaro RN, Grief Counselor
Anne Arundel County Department of Aging and Disabilities
410-222-0263



Family Caregiver Support Groups

Jennifer Sapp, MSW, MSG,
facilitates monthly support groups:

Glen Burnie Support Group
7320 Ritchie Hwy., 2nd Floor

October 12
November 9
December 14

1:00-2:30 pm

Zoom link:

<https://zoom.us/j/91500934491>

Meeting ID: 915 0093 4491

or call

301 715 8592

Meeting ID: 915 0093 4491

Annapolis Support Group
2664 Riva Road,
Independence Room

October 18
November 15
December 20

1:00-2:30 pm

Zoom link:

<https://zoom.us/j/93285848158>

Meeting ID: 932 8584 8158

or call

301 715 8592

Meeting ID: 932 8584 8158



Caregiver Support

Facebook Group:
[Facebook.com/
ArundelSeniors](https://www.facebook.com/ArundelSeniors)



On-Line Caregiver

Videos

[www.aacounty.org/
aging](http://www.aacounty.org/aging)



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

**Anne Arundel County
County Executive
Stuart Pittman**
Arundel Center
44 Calvert Street
Annapolis, MD 21401

**Karrisa Kelly
Director
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
www.aacounty.org/Aging

**Family Caregiver Support
Program Staff**
Mary Chaput, Program Director
Patricia Lortie, NFCSP Coordinator
Anne Kaiser, RCRP Coordinator
7320 Ritchie Highway
Glen Burnie, MD 21061

- Information & Assistance (I&A)
- Adult Evaluation & Review Service (AERS)
- Adult Public Guardianship
- Americans with Disabilities Act Office (ADA)
- Assisted Living Facilities Program
- Health Promotion Classes
- 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.