The Caregiver's Voice
For People Caring for Family, Friends, & Neighbors

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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@aacounty.org

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Sneak Peak
Fall 2022 Caregiver Workshops

The Dementia 101 Series
❖ Dementia: It’s Not Just Memory Loss. 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: Absence of Executive Function, Amnesia, Aphasia, Agnosia, and Apraxia and the impact they have on the individual with dementia and their caregivers.
❖ Dealing with Dementia Related Behaviors. 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.
❖ Communication Strategies for Dementia. How Do I Talk to You? How Do I Listen? Communication is more than words; it’s also about body language, facial expression and tone of voice. As a dementia progresses, the individuals lose 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.
❖ Positive Approach to Care. This workshop is an overview of the progressions/stages of dementia using GEM states to highlight characteristics seen during each stage. 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. Caregivers will also learn strategies and techniques for supporting and caring for their loved one living with dementia as it relates to their GEM state.

Information for the Fall 2022 Caregiver Workshops will be available in August; registration will begin at that time.

Winter-Spring 2023 Caregiver Workshops
❖ Telling Your Loved One’s Story
❖ Mechanics of Care
❖ Different Types of Care
❖ Sensory Stimulation
❖ Cruising through Caregiver

In addition, several in-person and Virtual Dementia Live® workshops will be offered throughout the 2022-2023 workshop schedule.

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.
Maryland Access Point (MAP)/Information and Assistance is the place to start to have your questions answered. MAP was established statewide in 2003 in order to be the gateway for services and supports for older adults, adults with disabilities, and their caregivers. Older adults, adults with disabilities, their caregivers, and anyone who has questions or concerns regarding a person in need are encouraged to call. Specialists are available to listen, identify needs, and provide connection to appropriate public and private resources, services, and supports. These services and supports can include information for transportation, housing, caregiving services, nutrition, in-home support, and much more. Specialists can also provide Options Counseling to individuals and/or their caregivers. Options Counseling utilizes a person centered approach to connect individuals to appropriate services and resources that match their needs and preferences. This approach allows everyone involved to know the options available in order to make completely informed decisions regarding long-term services and supports.

Specialists are available to assist you via phone or email Monday-Friday 8:00AM-4:30PM by calling 410-222-4257. Additionally, support can be provided to you at either our Annapolis location or our Glen Burnie location Monday-Friday 8:00AM-4:30PM as well. No question, need, or concern is too small. Maryland Access Point (MAP)/Information and Assistance is the place to start.

What is MAP? (Courtney Zilonis, Director, Anne Arundel County)

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The Sentimental Journey Singers Program Is Coming to Anne Arundel County!

Sentimental Journey Singers is for individuals with early-stage Alzheimer’s or other memory impairment and their care partners.

Participants will learn vocal techniques and three-part harmony while singing familiar songs and some new pieces in a social group setting under the leadership of an Encore conductor.

Each 15 week session culminates with a concert performance. Sessions are scheduled to begin in September at the Pascal Senior Center in Glen Burnie.

For more information, check out the flyer on page 2.

We hope you and your care partner will come sing with us!
Caregiver Funding Opportunities

NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM GRANTS

Funds are currently available for the National Family Caregiver Support Program grant. This one time per year assistance is meant to enhance existing support programs and is for the caregiver's benefit. These grants can assist caregivers with respite care, an emergency response system, or other supplemental needs. The care recipient must live in Anne Arundel County.

Caregiver eligibility:
- Adult family members or other informal caregivers age 18 and older providing care to individuals 60 years of age and older;
- Adult family members or other informal caregivers age 18 and older providing care to individuals of any age with Alzheimer’s disease or related disorder;
- Grandparents or other kin (NOT parents) 55 years of age and older providing care to children under the age of 18; and
- Parents and grandparents 55 years of age and older providing care to adult child age 18-59 with disabilities.

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

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.

Please be aware that due to high call volume, staff will return your call as quickly as possible.

Family Caregiver Support Groups

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

Glen Burnie Support Group
7320 Ritchie Hwy., 2nd Floor
July 13
August 10
September 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
July 19
August 16
September 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 Facebook Group:
Facebook.com/ArundelSeniors

On-Line Caregiver Videos
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

- 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

Anne Arundel County
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Steuart Pittman
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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
Dee Scharff, RCRP Coordinator
7320 Ritchie Highway
Glen Burnie, MD 21061

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 upcoming 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.