Fall 2019-2020 Caregiver Workshops

**COMPASSIONATE TOUCH®**
Mary Chaput, M.A., Compassionate Touch Coach & Practitioner
Compassionate Touch® 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. Come learn the basic technique of providing focused, gentle touch along with a compassionate presence.

October 10, 2019; 1:00-3:00 pm
North County Office/Hein Bldg.; 7320 Ritchie Highway, Glen Burnie

**THE DIFFERENT TYPES OF DEMENTIA**
Mikki Firor, M.S., Gerontologist
There are many misconceptions about the signs and symptoms of dementia. These misconceptions impact the ability to seek a diagnosis or treatment, and the way we care for someone with dementia. This presentation will discuss the most common types of dementia, the signs, the stages, and the symptoms to help us better understand, identify, and care for people with different types of dementia.

October 24, 2019; 6:30-8:30 pm
Pascal Senior Activity Center; 125 Dorsey Road, Glen Burnie

**CAREGIVER MINDFULNESS**
Kim Burton
Caregivers experience unique stressors that require attention. This workshop will provide strategies for mindfulness that can be used “in the moment” to diffuse stressors as well as ideas for mindfulness practices that compliment overall self-care practices to meet caregiving challenges.

November 14, 2019; 6:30-8:30 pm
Pascal Senior Activity Center; 125 Dorsey Road, Glen Burnie

**STOP ASKING HOW THEIR DAY WAS: CONNECTING MORE MEANINGFULLY WITH PEOPLE WHO HAVE DEMENTIA**
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.

December 12, 2019; 6:30-8:30 pm
Annapolis Senior Activity Center; 119 S. Villa Avenue, Annapolis

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.

Dinner will be provided at all evening workshops.
Focus on those affected by opioid addiction. Information for older relatives raising children, with a special focus on those affected by opioid addiction. Please join us at one of the 2019-2020 sessions. Space is limited. Pre-registration is required. To register, call 410-222-4375/4339.

Grandparents Raising Grandchildren

Grandparents raising grandchildren will get one-stop access to resources and services under new legislation passed by The House and Senate and signed into law by the President. The Supporting Grandparents Raising Grandchildren Act, is expected to help 2.6 million children being raised by grandparents or another family member—a figure expected to keep growing along with the national opioid epidemic.

When parents fall into addiction, “grandparents are increasingly coming to the rescue,” said Sen. Susan Collins, R-Maine, who chairs the U.S. Senate Special Committee on Aging. Collins cosponsored the bill with the committee's ranking member, Sen. Bob Casey, D-Pa. These grandparents are “replacing traumatic pasts with loving and hopeful futures,” Collins said. Stepping up for a second round of parenting — especially when the family is dealing with the fallout of opioid addiction — comes with a barrage of decisions and challenges, such as “delaying retirement, navigating school systems, bridging the generational gap, working through the court system to secure custody and finding mental health services,” said Casey. Grandparents need a one-stop resource that provides contacts and information that will help “in that moment of crisis in that family,” said Casey.

The Supporting Grandparents Raising Grandchildren Act, which has the backing of 40 advocacy groups for older adults and children, including AARP and the American Academy of Pediatrics, mandates such a resource. A federal advisory council will include a grandparent, an older relative raising a child and experts from federal agencies; it will be charged with locating established resources across the country, investigating best practices, researching how to raise children and finding useful information for older relatives raising children, with a special focus on those affected by opioid addiction.

What is Compassionate Touch®?

Touch is a basic human need that remains with us throughout our aging journey. Touching an older individual can convey security, closeness, warmth, concern, and encouragement, and can increase their sense of trust and well-being.

Yet, touch deprivation in old age is real, especially for those who are medically frail, leading to feelings of isolation, anxiety, poor trust in caregivers, insecurity and decreased sensory awareness. These feelings can lead to the behavioral symptoms often seen in our loved ones living with dementia. For those individuals, the losses are compounded by memory loss and their inability to make sense of their environment. Touch is a powerful way for a person with dementia to connect with you, with the moment and with the past.

Compassionate Touch® is not only about the art of touching but also about the power of presence and relationships; presence combined with touch is a powerful combination. The methods used in Compassionate Touch® combine specific touch techniques—including focused touch, hand massage, slow-stroke back massage and foot massage—with the qualities of presence. Compassionate Touch® is a non-pharmacological intervention that decreases anxiety, promotes sleep, and eases pain. Touch stimulates production of oxytocin leading to feelings of safety, caring, trust, decreased stress and anxiety. Even a five-minute protocol has been shown to elicit a physiological relaxation response and decreases cortisol levels. Compassionate Touch® provides a means for family members to calm, comfort and support their loved one.

Join us on October 10th (1:00-3:00 pm) at the North County Office/Hein Building to learn how you can provide the basic hand technique of providing focused, gentle touch along with your compassionate presence to your loved one.

Register on-line at www.aacounty.org/aging or call 410-222-4375/4339.

Caregivers’ 6th Annual Appreciation Dinner

Thursday, November 7, 2019
6:00-8:30 pm
La Fontaine Bleue
7514 Ritchie Highway
Glen Burnie, MD 21061

For more information, call 410-222-4375.

This event is for family caregivers who are 18 years of age or older.
This event is not for professional caregivers.
Caregiver or care recipient must live in Anne Arundel County.
Pre-registration is required.
Here Comes the Holidays!

Halloween. Thanksgiving. Hanukkah. Christmas. New Years. All times for family gathering and fun but for someone living with dementia, it may also be time for heightened anxiety and confusion. Lights and decorations add confusion to the But careful planning will allow our loved ones, ourselves and the rest of the family to cherish times together.

Robberies can happen anytime but Halloween can make our older individuals more vulnerable. Make sure your loved one is not alone during the trick-or-treating hours. Choose decorations wisely; pumpkins are probably not frightening but a motion detector that lights up or makes scary sounds might be. Flickering candle flames can cause eerie shadows for folks already experiencing changes in their vision. Be aware of what they are watching on tv—seasonal movies can be quite disturbing!

As if you don’t have enough stress dealing with everyday life and caregiving issues, the holidays can leave caregivers overwhelmed, exhausted and maybe even rather grumpy and Scrooge-like! Check out the following hints to make the holiday less stressful for both you and your loved one.

- Adjust your expectations. Don’t try to do it all; schedule a potluck dinner or let someone else host the holidays this year!
- Ask for help!
- A brunch or lunch celebration may work better, especially for someone who is affected by sundowning.
- Involve your loved one in the holiday preparations as much as possible while maintaining their normal routine.
- 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 for a tree or other decorations can cause confusion.
- For some, even three people can seem like a crowd, leading to confusion and agitation; conversation becomes difficult to follow. You may need to limit the number of visitors in your home at one time. If you take your loved one to another family member’s home, be sure there is a quiet room they can go to if the festivities become overwhelming.

Does this mean you need to cancel the holidays? Definitely, not! With some extra planning, communication and adjusted expectations, your family can still have a memorable holiday season.

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**Family Caregiver Support Groups**

Jennifer Sapp, MSW, MSG facilitates monthly support groups at the following locations:

**Department of Aging & Disabilities**
**North County Location**
7320 Ritchie Highway, Glen Burnie
1:00-2:30 pm

- October 9th
- November 13th
- December 11th

**Department of Aging & Disabilities**
**Annapolis Location**
2666 Riva Road, Suite 400, Annapolis.
1:00-2:30 pm

- October 15th
- November 19th
- December 17th

For information on additional caregiver support groups, as well as support groups specific to cancer, diabetes, cardiac, stroke, Parkinson’s disease or other chronic diseases groups, call (410) 222-4375/4339 or email: caregiver_support@aacounty.org

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**When Anne Arundel County schools are closed or close early due to inclement weather, support groups are cancelled that day.**
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
County Executive
Steuart Pittman
Arundel Center
44 Calvert Street
Annapolis, MD 21401

Pamela Jordan, 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

For information on sponsoring an edition of the Caregivers’ Voice, contact Mary Chaput at 410-222-4339 or email caregiver_support@aacounty.org.

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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).