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

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Spring 2016

The Caregiver’s Voice is a quarterly publication of the AA County Department of Aging & Disabilities’ National Family Caregiver Support Program. Contact us at: 410-222-4464 ext. 3043 or caregiver_support@aacounty.org

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Caregiving is a journey with twists and turns along the way. Circumstances change, needs change, and sometimes you may doubt you’re doing the right thing or if you’re doing enough. Be patient with yourself, don’t be afraid to ask for help, and join us for the journey!

Administration Aide and Attendance Program, life during and after caregiving, activities for Alzheimer’s patients, movement disorders and dementia, and the healing power of music.

Ann Contee returns to end the day with You Are Not Alone, an interactive experience to help you build your support system.

Vendors from a variety of local businesses and non-profit organizations will be on hand to share their information on organization’s tools to support seniors, adults with disabilities and caregivers.

The $20 registration fee includes a continental breakfast, lunch, snack and all materials. Social Workers can earn three (3) CEUs for an additional $10.

For more information and to register, call (410) 222-4464 ext. 3043 or go on-line at www.aacounty.org/aging.

Family Caregiver Spring Workshops Schedule

Mechanics of Caregiving
Ben Ogundip, PT
Come 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.

Wednesday, Apr. 27, 2016
Pascal Senior Activity Center
125 Dorsey Road, Glen Burnie

Continued on page 3
The Memory Café Provides Friendship and Support
(Yolanda Wright, Early Stage/Support Group Coordinator at the Alzheimer’s Association, Greater Maryland Chapter)

The Anne Arundel County Memory Cafe is sponsored by the Alzheimer’s Association. The Association partners with the Anne Arundel County Department of Aging and Disabilities to provide this special event each month. It is estimated that 100,000 Marylanders are affected by some type of dementia. The Memory Café provides a safe and relaxed place where people with early stage memory loss, their care partners, and health and other professionals come together for a unique blend of education and socialization in a forum where light conversation is encouraged to promote socialization. Many times, people are more comfortable and willing to attend a cafe before a support group. The cafes are upbeat and don’t have “heavy” subjects as in a support group. Many times people dealing with memory loss and their care partners feel alone and even have changes in their social circles. The cafes offer a way in which to meet others going through the same journey. It brings a level of comfort because, at the cafe, it’s okay to forget or lose train of thought. There is a great connection among those that attend. Anyone affected with early stage memory loss is welcome to attend. Light fare is provided. The cafe meets the third Monday of each month at the Pascal Senior Center in Glen Burnie from 6:30-7:30 pm. Registration is required.

For more information contact Yolanda Wright at 410.561.9099 x 208 or ywright@alz.org.

Did You Know...
Department of Aging and Disabilities staff have been busy providing the Communicating through Behaviors (which includes the Virtual Dementia Tour®) education program to the Anne Arundel County Crisis Intervention Team, Anne Arundel County Police Department recruits, and several high school classes throughout the county. This has been an exciting and (we think) very worthwhile venture. We believe that providing dementia training to these various groups has both an immediate and a future impact on our vulnerable adults.

Grandparents Raising Grandchildren (and Other Kinship Caregivers!)

The Department Aging and Disabilities State Health Insurance Assistance Program (SHIP) recently received information from the Department of Health and Mental Hygiene (DHMH) that grandparents and other kin who have Medicare and have dependent children in the home (grandchildren or other children for which the person is primary caretaker) may qualify for Medical Assistance as a Family Unit.

These Medicare recipients, who qualify as a Parent/Caretaker Relative (CTR), are eligible to apply for Medical Assistance benefits using the Maryland Health Connection (MHC).

Individuals do not have to specifically ask to be enrolled in the F05 coverage group. Once the individuals input their information into the Maryland Health Connection (MHC), the system should automatically assign the F05 coverage group to any income eligible individuals.

Call 855-642-8572 (TTY 855-642-8573) or go on-line at https://secure.marylandhealthconnection.gov. You can also visit your local health department or Department of Social Services office.

Savor those moments when you see the effect of your caregiving on another’s life. There will be other times when you won’t know the impact you’ve had. Always trust that what you do is part of the bigger picture and everything is exactly as it needs to be.

“Caregiver Therapy” by Julie Interrante and Victoria O’Connor

The Memory Café Provides Friendship and Support
(Yolanda Wright, Early Stage/Support Group Coordinator at the Alzheimer’s Association, Greater Maryland Chapter)
Communicating through Behaviors: The Virtual Dementia Tour®

The Virtual Dementia Tour® is a scientifically proven method of developing a greater understanding of dementia using patented sensory tools and instructions. The training encompasses an experiential learning tool followed by a debriefing and educational component. (Times: 6:30-8:30 pm)

Wednesday, Apr. 6, 2016: So. County Senior Center
Wednesday, May 25, 2016: Annapolis Senior Center

Space is limited for the Virtual Dementia Tour®. Pre-registration is required.

To register, call (410) 222-4464 ext. 3043 or 3045.

Family Caregiver Support Groups

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

- Department of Aging & Disabilities
  2666 Riva Road, Suite 400, Annapolis.
  Pascal Senior Center
  125 Dorsey Road, Glen Burnie

For a list of dates and times, download the schedule at www.aacounty.org/aging or call (410) 222-4464 ext. 3043.

For information on other community support groups, or cancer, diabetes, cardiac, stroke or Parkinson’s support groups, call (410) 222-4464 ext. 3043, email us at: caregiver_support@aacounty.org

Family Caregiver Spring Workshops Schedule (continued)

Today’s Alzheimer’s Research
Robert Conley, MD
This workshop will focus on the newest research developing medications to treat Alzheimer’s disease and other dementias. Changes in the brain that are associated with the illness, as well as brain imaging technology as a tool, will be discussed.

Wednesday, May 11, 2016
O’Malley Senior Activity Center
1275 Odenton Road, Odenton

Know Thy Parent, Know Thyself
Jennifer FitzPatrick, MSW, LCSW-C
This seminar is specifically for adult children of aging parents who feel that caregiving is taking over their lives. Are your days filled with worrying about what will make your parent happy, healthy and safe? Are you also balancing the needs of your children, job & friends? When was the last time you really took care of yourself? An open mind and the willingness to examine personal goals are keys to enjoying this seminar.

Tuesday, Jun. 14, 2016
Annapolis Senior Activity Center
119 S. Villa Ave., Annapolis

We are grateful to the many sponsors who are supporting these education workshops: Somerford Place Annapolis, Home Care Assistance, Annapolitan Assisted Living, Home Instead Senior Care, Morningside House of Friendship, Care Patrol, Active Day Annapolis, Active Day Pasadena, Windward Financial, MedStar Medicare Choice, Anatomy Gift Registry, Spring Arbor of Severna Park..

Register on-line at www.aacounty.org/aging or call (410) 222-4464 ext. 3043.

For a copy of the 2014-2015 Caregiver Workshop schedule, go to www.aacounty.org/aging, call (410) 222-4464 ext. 3043 or email caregiver_support@aacounty.org.

Rule #1
Never Argue!

Family Caregiver Spring Workshops Schedule (continued)

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Alzheimer’s Association Grants

The Alzheimer’s Association has announced two grants available to family caregivers through June 30th. The first is a one-time-only respite grant that would assist with escorts to medical appointments, procure emergency respite in the event of sudden illness/hospitalization of primary caregiver or provide respite to alleviate a crisis situation. The second grant covers the cost for enrollment in the MedicAlert + Safe Return identification program.

If your loved one has a case manager at the Department of Aging and Disabilities, you may contact them for help with the application process. If there is not a case manager, please contact us at 410-222-4464 ext. 3043 or 3045 for assistance.
Anne Arundel County
Department of Aging & Disabilities
National Family Caregiver Support Program

2666 Riva Road, Suite 400
Annapolis, MD 21401

Phone: 410-222-4464 ext. 3043
Email: caregiver_support@aacounty.org
Web: www.aacounty.org/aging

- Information & Assistance (I&A)
- Adult Evaluation & Review Service (AERS)
- Adult Public Guardianship
- Community Care Partnership
- Disabilities Information
- Long-Term Care Ombudsman/Resident Advocates
- Medical Assistance Personal Care Program (MAPCP)
- Medicaid Waiver Program
- National Family Caregiver Support Program (NFCSP)
- Respite Care Referral Program (RCRP)
- State Health Insurance Assistance Program (SHIP)
- Senior Activity Centers
- Senior Center Plus
- Senior Housing Assistance
- Senior Legal Assistance
- Senior Medicare Patrol (SMP)
- Senior Nutrition Program
- Van Transportation
- Volunteer Programs
  - Foster Grandparents
  - Telephone Reassurance
  - P.A.W.S. (People & Animals Who Serve Anne Arundel Co.)

For information on sponsoring an edition of the Caregivers’ Voice, contact Mary Chaput at 410-222-4464, ext. 3045 or email caregiver_support@aacounty.org.

The newsletter is published quarterly and distributed to more than 2,500 caregivers and available on the world-wide web.