

Communicating through Behaviors with Dementia Live™



This workshop encompasses an experiential learning tool followed by a debriefing and educational component to help participants better understand dementia behaviors. The workshop heightens empathy for individuals living with dementia and promotes a better

understanding of dementia behaviors. Participants will be equipped with communication skills to improve care and reduce caregiver stress. Space is limited; registration by phone (410-222-4375/4339) is required. The workshop is held at the Department of Aging & Disabilities, North County Office, 7320 Ritchie Highway, Glen Burnie. The 2018-2019 schedule can be found below:

Thursday, May 23, 2019: 6:30-8:30 pm

Pre-registration is required for this workshops.
To register, call 410-222-4375/4339.

2019 Annual Caregivers' Conference



Registration is underway for the 27th Annual Caregivers Conference to be held on Saturday, April 13th, 8:30am-3:30pm at the Hotel at Arundel Preserves. County Executive Stuart Pittman will be on hand to meet and greet the County's caregivers.

Lon Kieffer, aka DOC (Defender of Caregivers) will be this year's keynote speaker, opening the day with his special brand of energy and enthusiasm. Local and national speakers throughout the day will cover topics such as Conversations of Hope, transitions to long term care facilities, navigating the health care system, intimacy and dementia, yoga for dementia patients and caregivers, and more. Anne Contee will be back to close out the day with music and introspection.

Local businesses and non-profits will be on and to share their information .

The cost for this year's conference is \$20. You can register online at www.aacounty.org/aging or call 410-222-4375.

Grandparents Raising Grandchildren

Amy Goyer (www.AARP.org)



If you are raising a grandchild or another relative's child, you are not alone. Millions of grandparents and other relatives are raising children.

The Guide for GrandFamilies can help you find your way with tips, tools and resources to the services and support you need to take care of yourself and your family.

GETTING STARTED

The needs of children can seem overwhelming, especially if you are unexpectedly thrust into the role of being their primary caregiver. First, focus on the basic needs, such as finding a safe place for the child to sleep; providing him with food, clothing, and any medication he might need; and getting the right kind of equipment, such as a stroller, car seat and crib. If he's older, get as much information as you can about his school and other activities he might be involved in.

What documents do I need?

Make a binder or folder where you keep all of these important papers so you can easily find them when you need them. You should have:

- Birth certificates, death certificates (if your grandchild's parent is deceased), marriage records or divorce decrees for their parents
- Social Security cards (or at least the numbers) for the children
- Medical and dental records
- Power of Attorney, custody, guardianship, adoption or other legal papers
- Consent forms signed by parents for medical care and education
- School papers, such as report cards, evaluations, registration, etc.
- Proof of your grandchild's income and assets (child support payments, trust fund, etc.)
- Proof of your income and assets (if you apply for public benefits, you'll need these)
- Citizenship papers for you or for your grandchildren
- Military papers for you or their parents

Who do I need to talk to?

Talk with the key people in your grandchildren's lives, such as

teachers, pediatricians, school social workers, and any lawyers or child welfare professionals who have been involved with your grandchild. These are some questions you may want to ask:

What do I need to know about my grandchild's care and support?

Do you have any resource materials to help me raise my grandchild?

Do you have any classes or online training that will help me?

What services do you offer for my grandchild?

Is there any money to help me with the unplanned expenses of raising my grandchild?

What are the schedules I need to know about (for health care, school work, legal deadlines)?

Who else should I talk to who can help me and/or my grandchild?

What phone numbers I do I need?

You'll find a list of important toll-free numbers in this *GrandFamilies Guide* in the [GrandFamilies Resources](#) section. You should also make a phone list of all the local people and agencies you will work with as you raise your grandchild. Keep this list in your notebook or folder, and post a copy near your phone. Include:

- Emergency numbers (911, poison control, etc.)
- Grandparent support groups and resource centers
- Family members and friends who can help
- School, child care or preschool
- Doctors
- Dentist
- Counselors, social workers, therapists
- Babysitters or respite care
- Before/After school programs
- Youth activity programs (YMCA, YWCA, Boys and Girls Clubs, Scouts, mentoring programs etc.)

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The Living Well Workshop Series

Penelope Tilghman, CDMSP Coordinator, Department of Aging & Disabilities

Being a caregiver is hard work.

The stress of continuously putting another person's needs before your own can be difficult, weighing heavily on all those involved. And, when caregiving is coupled with a chronic condition like diabetes or heart disease on either party's side, the demands are intensified. With the rates of chronic conditions continuing to climb, we find ourselves approaching life making decisions with a band of complex symptoms and an overwhelming schedule.

As caregivers, we truly want to be the best versions of ourselves, but let's face it, there are only so many hours in the day. Unfortunately, our needs, as caregivers, come last. Self-care is put last on the long list of things to do, and is considered a luxury to some. The truth of the matter is that self-care is a necessity and needs to be a top priority in order to give others the care you want them to receive.

Learning how to self-manage a chronic condition can be a lifesaving skill. But, where exactly do you go to learn this skill set? Anne Arundel County's Department of Aging and Disabilities offers several different options through their Department of Evidence Based Programs.



The Living Well with Chronic Conditions helps those who are suffering with chronic conditions such as heart disease, arthritis,

COPD, chronic pain or mental illness learn to manage the symptoms of the condition. This is a 7 week class that meets 2 ½ hours weekly. It is highly interactive and will help you learn the skills to improve self-management.



Living Well with Diabetes is a workshop recommended for adults with Type 2 Diabetes

or those who are pre-diabetic. The workshop is designed to improve the individuals blood sugar levels and reduce the complications of associated with Diabetes.



Living Well with Hypertension is a one time, 2.5 hour session for those who have

been diagnosed with hypertension or high blood pressure. This is a fun, highly interactive class where you will learn tips on nutrition and lifestyle factors to help you manage your blood pressure.



Stepping On is a 7 week workshop proven to reduce

falls and to build confidence in older adults. Strength and balance exercises are taught along with other strategies to prevent falls inside and outside the home.

For more information about these programs or to find out when and where they are being offered, call Penny Tilghman at 410-222-0268 or email at agtilg88@aacounty.org.

Grandparents Raising Grandchildren (continued)

- Community organizations such as community centers and faith-based organizations
- Children's services or child welfare office
- Area Agency on Aging

How can I keep track of everything?

Just do one thing at a time – and keep good notes about who you talk to and what they say. You may need to go back to your notes when you are seeking help for your grandchildren. Having good, accurate notes will also help you track your progress. Good notes are very helpful when it comes to legal issues. Get a notebook or a binder and label the cover clearly with the date of the first entry in the notebook. When that notebook is full, mark the

date of the last note on the cover as well. Every time you talk to someone about your grandchild, write down:

- The date
- The name of the person
- The person's title and/or relationship to your grandchild (i.e. teacher, case worker, parent, etc.)
- The person's contact information (phone number, address, email address, etc.)
- The general topic you talked about (school, illness, money, legal, mental health etc.)
- Specific notes about your conversation
- Next steps or "to do" list for follow up after the conversation.



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

April 10th
May 8th
June 12th

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

April 16th
May 21st
June 4th

The 2019 Support Group schedule is available on-line at
<http://www.aacounty.org/aging>
or by calling 410-222-4375.

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.

When Anne Arundel County schools are closed or close early due to



Every May, the Administration for Community Living leads our nation's observance of Older Americans Month.

The 2019 theme, Connect, Create, Contribute, encourages older adults and their communities, making them stronger and more diverse.

To find out what activities are happening locally, visit the Department of Aging and Disabilities website at www.aacounty.org/aging or our Facebook page at <https://www.facebook.com/ArundelSeniors/>.



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

**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

- 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.