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

Volume 12, Issue 3
Summer 2019

Sneak Peak! Fall 2019-2020 Caregiver Workshops

PERSON-CENTERED CARE (September)
DIFFERENT TYPES OF DEMENTIA (October)
CAREGIVING MINDFULNESS (November)
STOP ASKING HOW THEIR DAY WAS (December)
DISCOVER THE PROGRAMS (January)
ANTICIPATORY GRIEF (February)
MECHANICS OF CAREGIVING (March)
ADVANCE PLANNING (April)
TO TRAVEL OR NOT (May)
COMMUNICATING THROUGH BEHAVIORS: PART II (June)

Registration brochures will be sent out in August. Registration will begin in August.

Scenes from the 27th Annual Caregivers Conference!
(For more, visit our Facebook page at www.Facebook.com/ArundelSeniors/)

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.
Most of us are familiar with emergency planning to help us stay safe during a hurricane or snow storm. As a caregiver, have you prepared for an emergency or unexpected situation in which you would need to be away from your loved one who requires care? An Emergency Respite Grant is now available through a partnership between the Maryland Department of Human Services and the Elizabeth Cooney Agency. The Emergency Respite Grant provides caregivers with $225 annually so that they may take a short break to attend to an event such as the caregiver’s illness or hospitalization, a funeral, or an unplanned gap in care. The grant is available to all caregivers residing in Maryland, and there is no age limit for the care recipient and no income requirements for either the caregiver or care recipient.

Because no two caregivers are alike, flexible respite options are available, including in-home care services, adult daycares, licensed childcare providers, assisted livings, and nursing homes. Caregivers can select the respite provider of their choice, request Elizabeth Cooney to send one of its in-home aides, or hire a friend or relative who does not live in the same household as the care recipient. Skilled care delivered by a licensed healthcare practitioner is also available, if needed.

To prepare for the unexpected, we recommend that caregivers call Elizabeth Cooney Agency prior to an emergency to complete a short application by phone at 410-323-1700. When an emergency arises, caregivers can then contact Elizabeth Cooney within 72 hours to access respite care.

For more information about Maryland’s Emergency Respite Grant, please contact:

Elizabeth Weglein
CEO, Elizabeth Cooney Network
ew@elizabethcooneyagency.com
(410)-323-1700

or

Naomi Duffort
Program Specialist, Respite Care and Project Home
Maryland Department of Human Services
naomi.duffort@maryland.gov
(410)-767-7422

Is early (pre-kindergarten) education really that important?

You bet it is! In fact, experts tell us that 90% of all brain development takes place before age six. According to Dr. Maria Montessori, the world-renowned authority on early childhood education, all children are born with amazingly absorbent, sponge-like minds. During this “absorbent mind” stage, children soak up knowledge easily and naturally. If you have young grandchildren, no doubt you are already aware of their remarkable ability to just “take in” everything around them. However, somewhere around age five or six, children mature into a “reasoning mind” stage and gone are the days of effortless learning. Children starting kindergarten with no reading, writing, or math skills under their belt are already at an unfortunate disadvantage.

What is a Sensitive Period?

During the absorbent mind stage, children experience intense bursts of growth—physically, mentally, and emotionally. Montessori called these bursts “sensitive periods.” A sensitive period is a developmental window of opportunity during which children learn specific concepts more easily and naturally than at any other time in life.

Don’t let your grandchildren miss these windows of opportunity!

By understanding sensitive periods, grandparents can help fulfill the child’s innate need for specific information at specific times. When the child is experiencing a sensitive period, they both want and need to learn. So we must recognize what they are receptive to learning and when. By recognizing these windows of opportunity, grandparents can maximize the child’s natural desire to learn. It is important to understand that sensitive periods will come and go. If there is nothing in the environment to allow the child to develop that skill, or if we unknowingly interrupt the process, the child may lose interest altogether. Once a sensitive period has been missed, the child may struggle to master that particular skill, as well as those that follow.

You can receive a free, on-line subscription to GRAND Magazine but going to www.ReadGrand.com.
Partners In Care
Ashley Johnson

Partners In Care Maryland (PIC) is a 501(c)3 community nonprofit helping adults over the age of 50 remain independent in their own homes and engaged in the community. We operate using an innovative time/service exchange model with values of reciprocity, support, and equality infused into the culture of the programs. Our mission is to empower older adults to age-in-place in the communities they know and love. We help make this possible by providing services through our signature programs, Ride Partners, Repairs with Care, and Member Care. All services are possible through the time and talents of our volunteers and aim to support the independence and dignity of older adults in our community.

Our Member Care Program provides information and referral coordination to help individuals and their caregivers navigate services and resources within the county. The Member Care team can assist with completing forms or applications and helps older adults navigate agencies and institutions to find emergency and long-term remedies. Additional services include friendly visits or calls, reading and writing, grocery shopping, and laundry. Additionally, if you or a loved one would like continued peace of mind, consider a Personal Emergency Response System (PERS) that alerts emergency medical services and PIC in case of a fall or accident. Partners In Care has paired with Connect America to provide the installation of systems, personal phone calls after events along with troubleshooting. Private Pay and Medicaid Waiver payment options are available. Get connected today and call our Connect America Administrator at 410-544-4800. The PERS system is a part of our Care Transitions program, which supports an individual during the transition from hospital or facility back to their home when essential details tend to fall through the cracks. We can provide support for caregivers, rides for follow-up visits, prescription and grocery pick-up, home modifications, and reassurance to ease this often-stressful process.

Our Ride Partners Program provides services including rides to non-emergency medical appointments, pharmacies, grocery stores, errands, and visits to friends and family. Caregivers may ride along. Volunteer drivers in the Ride Partners program use their cars to provide weekly door-through-door, arm-in-arm rides. Additionally, our Mobility Bus offers affordable, wheelchair and scooter-accessible, on-demand transportation in AA County.

With our Repairs with Care program, families can have peace of mind knowing experienced volunteers can complete small home repairs and safety equipment installations for their loved ones. The goal is to aid people to maintain their homes for safe and independent living. Services and repairs include repairing leaking faucets, painting, changing light bulbs, and installing hand railings. We also install safety equipment, such as shower seats, toilet risers, and grab bars. The Upscale, Resale Boutique located in Pasadena, MD, sells gently used clothing, jewelry, accessories, books, kitchen/household items, vintage and antique items, and furniture. The store generates about 40% of the revenue for our programs and enables people to make donations and give back to the community. Members engage in PIC programs and services, utilizing the fundamental concept of reciprocity. Simply put, we are "Neighbors Helping Neighbors." We just celebrated our 26th Anniversary in Anne Arundel County this year. Furthermore, in 2018 our members generated over 45,000 hours of service in our community. Volunteering has many benefits—as it can reduce stress, provide a sense of purpose, help you stay physically healthy, and allow you to meet new friends and gain a network of support. Whether you’re looking for services for yourself or a loved one or just looking for a "breather"—Partners In Care can help. Join today by calling 410-544-4800 or visiting www.partnersincare.org.

Dementia Live® Educational Workshops

The Dementia Live® educational workshop encompasses a learning experience followed by an education and empowerment component to help participants better understand dementia behaviors. Participants will learn new communication skills to improve care and minimize disruptive behaviors, thus reducing caregiver stress.

The 2019-2020 Communicating through Behaviors with Dementia Live® schedule will be released in August.

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
July 10th
August 14th
September 11th

Department of Aging & Disabilities
Annapolis Location
2666 Riva Road, Suite 400, Annapolis.
1:00-2:30 pm
July 16th
August 20th
September 17th

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 inclement weather, support groups are cancelled that day.

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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

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Pamela Jordan, Director
Department of Aging & Disabilities
A Maryland Access Point Program
Heritage Office Complex
2666 Riva Road, Suite 400
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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 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.