Winter-Spring 2019 Caregiver

DISCOVER THE PROGRAMS

Department of Aging & Disabilities Staff
Staff will share the myriad of services offered by the Department for older adults, individuals with disabilities, and caregivers.

Wednesday, Jan. 9, 2019: 1:30-3:00 pm
North County Office/Hein Bldg.
7320 Ritchie Hwy., Glen Burnie

WHAT THE SACRED SORROW OF GRIEF CAN TEACH US

Chesapeake Life Center
Explore the grieving process; learn what is “normal,” what to expect, how to manage your own grief and help those around you.

Wednesday, Mar. 6, 2019: 1:30-3:00 pm
North County Office/Hein Bldg.
7320 Ritchie Hwy., Glen Burnie

THE 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 caregiving duties.

Thursday, Mar. 14, 2019 (6:30-8:30 pm)
Annapolis Senior Activity Center
119 S. Villa Avenue, Annapolis

LEGAL AND FINANCIAL ADVANCE PLANNING

Elena S. Sallitto, J.D.
It is normal to feel overwhelmed by the details of legal and financial planning but creating a plan for your future can be empowering and ensure your wishes are met. The sooner you establish your legal plans, the better prepared you and your family will be.

Thursday, April 4, 2019: 6:30-8:30 pm
Pascal Senior Activity Center
125 Dorsey Road, Glen Burnie

SUCCESSFUL TRANSITIONS

Mikki Firor, M.S., Gerontologist
Whether it is from their home to yours, from home to an assisted living community, or from assisted living into dementia care, moving can be a time consuming, and potentially traumatic decision. Ms. Firor will share some to help you feel confident in your decision and make the transition go smoothly for your loved one.

Thursday, May 9, 2019: 6:30-8:30 pm
Annapolis Senior Activity Center
119 S. Villa Avenue, Annapolis

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Pre-registration is requested for workshops so that we can ensure enough materials are available. Register online 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.

All materials are available in an alternative format upon request.
Tip 3: Your grandkids will have mixed feelings too
Moving to a new home is never easy, even in the best of circumstances. When children are dealing with the loss of regular contact with their parent or parents, the move is even harder. It will take some time for your grandchildren to adjust, and in the meantime, they may act especially contrary and difficult. And if the children have suffered from emotional neglect, trauma, or abuse, those wounds will not disappear just because they are now in a safe place. They will need time to heal. Your grandkids may resent being separated from their parent and wish to return, even if their home situation was dangerous or abusive. Don’t take this personally. The parent-child bond is powerful. Even if the children are old enough to understand that they’re better off with you, they will still miss their parent and struggle with feelings of abandonment.

Your grandkids’ feelings may come out in many ways, including behavior. They may lash out with aggressive or inappropriate behavior, or they may withdraw and push you away. No matter their behavior, your grandkids need your comfort and support. If you start to get angry or upset, put yourself in their head. Picture what they’ve been through, and the confusion, mistrust, and fear they’re probably feeling.

Tip 4: Focus on creating a stable environment
While it will take your grandkids time to adjust to their new living arrangement, there are things you can do to make the transition easier. Above all, your grandchildren need your comfort and support. Children thrive in an environment that is stable and predictable.

Establish a routine. Routines and schedules help make a child’s world feel safe. Set a schedule for mealtimes and bedtimes. Create special rituals that you and your grandchildren can share on weekends or when getting ready for bed.

Encourage their input in their new home. Let your grandkids help pack and move in their things to the extent that they’re able for their age. Encourage them to decorate their new room and arrange things as they’d like. Having some control will make the adjustment easier.

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Winter/Spring Caregiver Workshops
(continued from page 1)

ACCEPTING A NEW REALITY: JOINING THEM ON THEIR JOURNEY
Mary Chaput, M.S., CDP
It is natural to feel frightened, frustrated and angry when a dementia intrudes on your relationship. Accepting our loved one where they are on their journey enriches ours. Come learn ways to maintain your connections when dementia rears its ugly head.
Wednesday, May 15, 2019: 1:30-3:30 pm
North County Office/Hein Bldg.
7320 Ritchie Hwy., Glen Burnie

COMMUNICATING THROUGH BEHAVIORS: PART II
Mary Chaput, M.S., CDP
See description for Nov. 29, 2018 workshop.
Thursday, Jun. 6, 2019: 1:30-3:30 pm
North County Office/Hein Bldg.
7320 Ritchie Hwy., Glen Burnie

SAFE PASSAGES
Hospice of the Chesapeake
What is the difference between hospice and palliative care? How do you recognize when that care is needed and where you can find services? Hospice of the Chesapeake staff will share their expertise and answer these and other questions about finding comfort with chronic illnesses and end-of-life care.
Thursday, Jun. 13, 2019: 6:30-8:30 pm
Pascal Senior Activity Center
125 Dorsey Road, Glen Burnie

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
January 9th
February 13th
March 13th

Department of Aging & Disabilities
Annapolis Location
2666 Riva Road, Suite 400, Annapolis.
1:00-2:30 pm
January 15th
February 19th
March 19th

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.

Workshop Inclement Weather Policy
If schools are closed or if schools close early due to inclement weather, caregiver workshops will be cancelled. You can check the county’s school schedule at www.aacps.org, or you can sign up for school closing alerts with any of the local television or radio stations.

The Rewards and Challenges of Parenting the Second Time Around (continued from page 2)

Set up clear, age-appropriate house rules and enforce them consistently. Children feel more secure when they know what to expect. Loving boundaries tell the child he or she is safe and protected. Make sure that each grandchild has a private space. If grandchildren are sharing a bedroom, get creative: use a divider to partition off a private area in a bigger room, erect a playhouse in the backyard, or set up a tent in the family room. Offer your time and attention. You can be a consistent, reassuring presence for your grandkids. Try to make time to interact with them at the beginning of the day, when they come home from school, and before bed.

Tip 5: Encourage open & honest communication
Communicating openly and honestly with your grandchildren is one of the best things you can do to help them cope with their new situation. It’s especially important to take the time to really listen to your grandkids. In this difficult time, they need an adult they can go to with their questions, concerns, and feelings. Plan regular times when you sit and talk to each other, free from TV, phones, games, and other distractions. Encourage your grandchildren to talk about their feelings, both good and bad. Try to listen without judging or dismissing their feelings. Help your grandkids learn to identify their emotions. For example, if your grandchild seems upset, you might say, “You look sad. Is something bothering you?” Young children communicate through play. Young children may not be able to verbalize how they feel, but will express themselves through their play. It’s okay to say, “I don’t know.” You don’t have to have an answer for everything. If you don’t know when mommy’s coming home, for example, be honest about it. Don’t evade the question or lie to your grandchild, as this won’t make him or her feel better. Instead, talk with your grandchild about what happened and how they feel about it.

27th Annual Caregivers’ Conference
Saturday, April 13, 2019
The Hotel at Arundel Preserves
Hanover, MD
Registration will begin in March 2019.
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
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

Anyone needing accommodations to caregiver events must contact Mary Chaput at 410-222-4339 or by email 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.