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DISCOVER THE PROGRAMS
Mary Chaput, M.A., Staff
Department of Aging & Disabilities Staff
Join us as we discuss the number of resources provided by the Department for older adults, individuals with disabilities, and caregivers.

January 9, 2020;
1:00-3:00 pm and 6:30-8:30 pm
North County Office/Hein Bldg.
7320 Ritchie Highway, Glen Burnie

ANTICIPATORY GRIEF
Staff, Hospice of the Chesapeake
While anticipatory grief shares some commonalities with conventional grief, some symptoms are unique. Symptoms can include depression, anxiety and irritability, and mourning changes in the loved one’s personality or appearance. This workshop will focus on how you can redefine hope and focus on quality of life for both you and your loved one.

February 13, 2020; 1:00-3:00 pm
North County Office/Hein Bldg.
7320 Ritchie Highway, Glen Burnie

MECHANICS OF CAREGIVING
Ben Ogundipe, 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.

March 26, 2020; 6:30-8:30 pm
Annapolis Senior Activity Center
119 S. Villa Avenue, Annapolis

ADVANCE PLANNING: MEDICAL, LEGAL AND ENVIRONMENTAL
Elena Sallitto, Esq.; Eric Bush, M.D., RPH, MBA, Hospice of the Chesapeake; Chauncey Hall, Program Director, Arundel Community Development Services
As we look towards the future, most people say they want to age in place. However, to do so requires planning. This multi-session workshop will provide information on legal/financial advance planning, health care decision planning and resources for home modification to help you age in place.

Saturday, April 4, 2020; 8:30 am – 12:00 noon
Pascal Senior Activity Center
125 Dorsey Road, Glen Burnie

TO TRAVEL OR NOT: 10 TIPS FOR VACATIONS & FAMILY TRIPS WHEN YOU ARE...

Dinner will be provided at all evening workshops held at the Senior Centers.
Dementia Live® Educational Workshop Schedule

Dementia Live® offers a unique inside-out understanding of dementia and aging. Family caregivers will gain a heightened awareness of the challenges faced by their loved ones who live with dementia and learn new communication skills to improve care and minimize disruptive behaviors, thus reducing caregiver stress.

Please join us at one of the 2019-2020 sessions. Space is limited. Pre-registration is required. To register, call 410-222-4375/4339.

January 23, 2020
March 19, 2020
May 21, 2020

Caregiver Workshops (continued)

CAREGIVING
Joanna Frankel, MSW, LCSW-C
Traveling with someone you love who needs care is not impossible but it takes a lot of pre-planning. Join us for this interactive program where you will learn how to determine if your loved one is up to taking a trip, how to best prepare for a trip and how to balance safety and fun on a vacation.

May 28, 2020; 6:30-8:30 pm
Pascal Senior Activity Center
125 Dorsey Road, Glen Burnie

COMMUNICATING THROUGH BEHAVIORS
Mary Chaput, M.A., CDP, CDCP, Dementia Live Coach & Practitioner
Dementia is not just about memory loss. Dementia encompasses functional losses that affect speech, cognition, executive functioning, the five senses, motor skills and the ability to sequence. This workshop will focus on how these losses trigger behaviors and will provide caregivers with communication skills to ensure the best quality of life to our loved ones living with dementia.

June 25, 2020; 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.

Tips for Grandparents Raising Grandchildren … and Other Caregivers

- Seek support from other caregivers. You are not alone!
- Take care of your own health so that you can be strong enough to take care of your loved one.
  - Accept offers of help and suggest specific things people can do to help you.
  - Learn how to communicate effectively with doctors.
- Caregiving is hard work so take respite breaks often.
- Watch out for signs of depression and don't delay getting professional help when you need it.
- Be open to new technologies that can help you care for your loved one.
- Organize medical information so it's up to date and easy to find.
- Make sure legal documents are in order.
- Give yourself credit for doing the best you can in one of the toughest jobs there is!

Workshop Inclement Weather Policy

If Anne Arundel County 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.

Save the Date!

28th Annual Caregivers’ Conference
Saturday, April 18th
The Hotel at Arundel Preserves

Registration will begin on or about March 13th.
Respite Care Services Now Available Through the Anne Arundel County Department of Social Services (Naomi Duffort, Program Specialist, Respite Care and Project Home, Maryland Department of Human Services)

Are you caring for a child or an adult with an illness or a disability and need a break from your duties as a caregiver? Respite care provides caregivers with a period of rest and renewal, relieving them of the demands of stress associated with care giving. Respite care is now available through the Anne Arundel County Department of Social Services, and is part of its mission to assist individuals in achieving a greater level of independence and to be able to continue to live safely and successfully in the community. Below is information about the Respite Care Program.

Who is eligible for the program?
Caregivers assisting a child or an adult with a developmental or functional disability may apply for the Respite Care Program.

What types of respite services are available?
Respite care can be provided at home, in a facility, or at an adult day care center.

Respite care can be planned intervals, in a time of crisis, or on an as-needed basis. The Respite Care Program covers supervisory and personal care services such as help with light housekeeping, chore services, meal preparation, dressing, grooming, walking, toileting, and bathing. Skilled care is available for individuals who require care provided by a licensed practitioner such as a registered nurse.

How much do respite services cost?
The funding may be available at reduced or no cost depending on the income of the individual recipient or their family’s income, if the recipient is 17 years or younger.

How do I apply for the program?
You can request an application for the Respite Care Program by contacting:
Anne Arundel County
Department of Social Services
Emergency Services
80 West Street
Annapolis MD 21403
410-269-4472

Community Caregiver Support Groups

Anne Arundel Medical Center, 2001 Medical Parkway, Annapolis
Belcher Pavilion, 7th Floor
Contact: 410-544-8483 or 410-975-9750
4th Tuesday, 7:00 PM

Somerford Place
2717 Riva Road, Annapolis
Contact: 410-224-7300 x210
2nd Monday, 2:00 PM

Brightview Severna Park
469 Jumpers Hold Road, Severna Park
Contact: Alan or Megan, 410-544-1605
2nd Wednesday, 11:00 AM

Spring Arbor of Severna Park
345 Ritchie Highway, Severna Park
Contact: 410-544-7774
2nd Wednesday, 6:30 PM

Crofton Support Group
Brightview South River
8 Lee Airpark Drive, Edgewater
Contact: 410-956-7310
3rd Tuesday, 11:00 AM

Active Day of Annapolis
2525 Riva Road, Suite 100, Annapolis
Contact: 410-573-9100
3rd Thursday, 5:00 PM (staff and activities available for your care recipient)

Early Stage Memory Loss Group
(Caregivers & care recipients invited; Pre-screening required.)
Woods Memorial Church, 611 Baltimore Annapolis Blvd., Severna Park
Contact: Yolonda Wright, 1-800-272-3900
4th Wednesday, 7:00-8:30 PM

Regency Park
730 MD State Rt. 3 South, Gambrills
Contact: Kate Krauss, (410) 923-1200
3rd Thursday, 10:00 AM

Memory Café
7320 Ritchie Highway, Glen Burnie
Contact: 301-338-0224
3rd Monday (4th Monday during January & February); 6:30 PM

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.
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.