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

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Summer 2018

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

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Ann Morrison, Ph.D., RN

WHEN I CAN NO LONGER PROVIDE THE BEST CARE (October)
Marjorie Cotterman, RN

RESEARCH UPDATES IN ALZHEIMER’S CARE: THE CUTTING EDGE (November)
Ann Morrison, Ph.D., RN

AFTERNOON BREAK: INTIMACY AND DEMENTIA (October)
Mikki Firor

SENSORY STIMULATION AND ACTIVITIES FOR THOSE WITH DEMENTIA (December)
Jeanne Finnegan

Registration brochures will be sent out and registration will begin in late July.

Pre-registration is requested for workshops so that we can ensure enough materials are available. Register on-line at www.aacounty.org/aging or by calling 410-222-4375/4339. Anyone needing special 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.

Scenes from the 26th Annual Caregivers’ Conference
Save the Date: 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, Sep. 27, 2018; 6:30-8:30 pm  
Monday, Oct. 22, 2018; 1:00-3:00 pm  
Wednesday, Jan. 16, 2019; 1:00-3:00 pm  
Thursday, Mar. 28, 2019; 6:30-8:30 pm  
Thursday, May 23, 2019; 6:30-8:30 pm

NEW!!!  
Communicating through Behaviors—Part II (more info to follow)  
Thursday, Nov. 29, 2018 (6:30-8:30 pm)  
Thursday, June 6, 2019 (6:30-8:30 pm)

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

Save the Date: Educational Programs

9/13/18: Caregivers’ Workshop: What is Dementia?  
10/11/18: Caregivers’ Workshop: When I Can No Longer Provide the Best Care  
10/17/18: Afternoon Break: Intimacy and Dementia  
11/8/18: Caregivers’ Workshop: Research Updates in Alzheimer’s Disease: The Cutting Edge  
11/7/18: Caregivers’ Appreciation Dinner  
12/6/18: Caregivers’ Workshop: Sensory Stimulation and Activities for Those with Dementia  
3/6/19: Afternoon Break: What the Sacred Sorrow of Grief Can Teach Us  
3/14/19: Caregivers’ Workshop: Mechanics of Caregiving  
4/13/19: 27th Annual Caregivers’ Conference  
5/9/19: Caregivers’ Workshop: Successful Transitions  
6/13/19: Caregivers’ Workshop: Safe Passages: Navigating Options in the Face of Serious Illness

Anyone needing special accommodations must contact Mary Chaput at 410-222-4339 or by e-mail at aacounty@aaacounty.org at least seven days in advance of the event. TTY users, please call via Maryland Relay 7-1-1.

Grief Support for Grandparents/Kin and Children

Chesapeake Life Center’s grief support is available to anyone in our community who is grieving the loss of a loved one, regardless of their relationship to hospice or the type of loss. While grief is a universal experience, the experience of loss is unique for each person. Even when two people are grieving for the same person, the way they feel and act out their grief can be very different.

Our professional team of licensed social workers, counselors and masters level interns specialize in grief, loss and transition for adults, children, teens, couples and families. Grief counseling can help in:

- Reducing feelings of distress and isolation.
- Managing anxiety and stress.
- Developing coping strategies.
- Increasing personal awareness and insight.

Hospice of the Chesapeake offer services to community members whose loved one was not cared for by Hospice of the Chesapeake. For these community members, counseling is offered on a sliding fee scale. We do not bill to or participate in any insurance plans directly, but can provide you with an invoice to submit to your insurance or health savings plan. From time to time we also offer workshops that are open to everyone in the community, such as our Mother’s Day Tea.

Facilitated support groups provide an opportunity for individuals to explore their grief with others who are grieving in an environment of trust. General bereavement groups are structured to meet for six consecutive weeks. Other groups, such as Loss of Life Partner, Suicide Loss, Together: Silent No More (substance use loss) and Child Loss, meet on a monthly drop-in basis. Registration is required for all groups. To register, please call 888-501-7077. For group dates and details, visit our event calendar.

Family-Centered Grief Support programs through the Chesapeake Life Center focus on supporting families. Though the emotions of grief can be a highly personal experience, the impact is felt in the entire family. Along with culture and religion, families teach us how to cope with death, dying and grief. Understanding loss and grief from a family perspective enables families to engage in the work of grief together and develop strategies for navigating grief as a family recognizing that each person’s role and experience of loss is different. Our approach educates, empowers and involves each family member through healthy bereavement addressing the physical, emotional, mental, spiritual and social impact of grief. Families discover internal strengths and capabilities to emerge from loss changed, but not broken.

Camp Nabi and Camp Phoenix Rising bereavement camps are for children ages 6 to 18 who are grieving a significant loss. During camp, our grief counselors, staff and trained volunteers accompany children and teens as they learn to navigate life without their loved one. Camp offers a safe space to share memories, express difficult feelings and try new activities. When: Aug. 10-11, 2018

- First and second graders attend a day camp on Saturday.
- Third through 12th graders stay the entire weekend from Friday night to Sunday afternoon.

For more information, contact the Chesapeake Life Center:  
Main number: 410-987-2129  
Email: griefinfo@chesapeakelifecenter.org  
Toll free: 888-501-7077
Summer Safety Tips from the Alzheimer’s Association

The pleasures of summer include longer, warmer and sunnier days, celebrations with family and friends, and backyard BBQs. For the person caring for a loved one with Alzheimer’s disease, summer can also bring with it additional safety challenges. By taking a few minutes to review the following safety tips, families can enjoy a fulfilling and pleasant summertime together.

Sunshine and Warm Weather
- Limit your loved one’s exposure to the sun. Place lawn chairs in shaded areas. Stay indoors between 10 a.m. and 2 p.m. when the sun rays are the strongest. Encourage your loved one to wear a hat and sunglasses.
- Remind your loved one with Alzheimer’s disease to apply and reapply sunscreen when outside for long periods of time.
- During the summer it is especially important to drink lots of fluids. Keep a cool glass of water within arm’s reach as a reminder. Add a flavor to the water to make it more interesting and tasty. Provide non-alcoholic beer or lemonade for backyard BBQs.
- Decision making may be increasingly difficult so dressing appropriately for hot days can be hard. Put away winter clothes, including sweaters, trousers or skirts, a hat with a large brim and a light jacket or sweater. Just one or two choices of shirts, pants or shorts may simplify travel plans or traveling to a new and unfamiliar destination. Most airlines offer companion programs for those traveling with someone with dementia that earlier were undetected. Contact the Alzheimer’s Association upon your return if you are concerned about new behaviors or symptoms you may have noticed once away from home. Consider simplifying travel plans or traveling to a familiar destination. Most airlines offer companion programs for those traveling with special needs. That way you can be assured a loved one has arrived safely or made a connection without any problems.

Loud noises and crowds can increase anxiety. Consider watching fireworks from your home or in the quiet of the car and parades on television; picnic on a weekday or early in the day on a weekend when crowds are lighter.
- Never allow unsupervised access to fire pits, and the hot surfaces of BBQ grills or campfires.
- Attending a minor or major league ballgame may be something your loved one has always enjoyed. However, large crowds can be overwhelming for the person with Alzheimer’s disease. Identify a “buddy” so you don’t lose track of who was supposed to stay with your loved one, accompany your loved one to the restroom and the concession stand, and stay with them at all times. Watch for signs of discomfort or confusion.
- Do not allow an individual with Alzheimer’s disease to swim unsupervised, and do not leave children in the pool under the supervision of the person with Alzheimer’s disease, even for a short period of time.
- If your loved one still enjoys bicycling, consider accompanying him on the ride or ask a trusted companion to accompany him. Encourage your loved one to wear a helmet and to ride on trails designated for pedestrians and cyclists. Or look into spin classes at the local recreation center.
- Keep an eye on sharp gardening shears or tools and closely monitor their use. Use fertilizers that are not harmful if swallowed accidentally and ensure that the plants in the garden are not poisonous. Keep a small box of tools with gloves so your loved one can easily find it and everything is in one place.
- Family reunions can be overwhelming to the person with Alzheimer’s disease and may rely greatly on her ability to recall names and faces. Consider limiting the amount of visitors and prepare both family members and the person with Alzheimer’s disease in advance for the visit. Try using fun name tags and get everyone involved to reduce embarrassment for the person struggling with names. Have a back-up plan that will allow for a quiet place to rest if things become overwhelming or confusing.
- Many families plan vacations and trips during the summer. New and unfamiliar places can be confusing for the person with Alzheimer’s disease. It may also provide clarity for the family that there is in fact an issue with memory loss and other symptoms of dementia that earlier were undetected.

Summer Fun
- Loud noises and crowds can increase anxiety. Consider watching fireworks from your home or in the quiet of the car and parades on television; picnic on a weekday or early in the day on a weekend when crowds are lighter.
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Contact the Alzheimer’s Association upon your return if you are concerned about new behaviors or symptoms you may have noticed once away from home. Consider simplifying travel plans or traveling to a familiar destination. Most airlines offer companion programs for those traveling with special needs. That way you can be assured a loved one has arrived safely or made a connection without any problems.

Alert the Medic Alert + Safe Return registration phone line of your travel program or by calling 410-222-4375.

Important Contact Information
- Alzheimer’s Association 24-Hour Helpline – 1-800-272-3900
- Medic Alert + Safe Return Enrollment Line – 1-888-572-8566
- Medic Alert + Safe Return Incident/ Emergency Line – 1-800-625-3780

Family Caregiver Support Groups

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

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

July 10th
August 21st
September 18th
October 16th
November 20th
December 18th

Department of Aging & Disabilities
North County Location
7320 Ritchie Highway, Glen Burnie
1:00-2:30 pm

July 11th
August 8th
September 12th
October 10th
November 14th
December 12th

The 2018 Support Group schedule is available on-line at http://www.aacounty.org/services-and-programs/national-family-caregiver-support-program 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.
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
- Long-Term Care Ombudsman/Resident Advocate
- National Family Caregiver Support Program (NFCSP)
- Respite Care Referral Program (RCRP)
- Senior Activity Centers
- Senior Care
- Senior Nutrition Program
- State Health Insurance Assistance Program (SHIP)
  ⇒ Senior Medicare Patrol (SMP)
- Telephone Reassurance Program
- Volunteer Programs

Anne Arundel County
County Executive
Steve Schuh
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
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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.

Anyone needing special 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 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).