

**PARTNERING WITH ANNE ARUNDEL
COUNTY PUBLIC LIBRARIES TO BRING
THE CAREGIVER WORKSHOPS INTO THE
COMMUNITY.**



DEMENTIA Live®

**THE DEMENTIA LIVE®
EXPERIENCE**

This workshop is a high impact, dementia simulation experience that immerses participants into life with dementia, resulting in a deeper understanding of what it is like to live with cognitive impairment and sensory change. Space is limited at each session.

**Pre-registration by phone is required:
410-222-4375 or 410-222-4339.**

Thursday, Feb. 20, 2025: 1:00 pm

Wednesday, Apr. 2, 2025: 6:00 pm

Wednesday, Jun. 11, 2025: 6:00 pm

*In-person sessions held at the North County
office location (7320 Ritchie Highway, Glen
Burnie).*

Anne Arundel County Department of Aging & Disabilities
7320 Ritchie Highway
Glen Burnie, MD 21061



CAREGIVER WORKSHOPS
Winter/Spring 2025



**NATIONAL FAMILY CAREGIVER
SUPPORT PROGRAM**

*When we are no longer able to
change a situation, we are
challenged to change ourselves.*

~Victor Frankl

(410) 222-4257

www.aacounty.org/aging
caregiver_support@aacounty.org

FINDING THE RIGHT ASSISTED LIVING FACILITY

Ryan Shupp, Director, Assisted Living Program

Before a crisis occurs, it is important to know what your options are if you or a loved one need to transition to an assisted living setting. Join us as Ryan presents information and tips on choosing the right assisted living, along with the financial considerations to consider.

February 6, 2025; 1:00 pm

*Glen Burnie/North County Office
7320 Ritchie Highway*

This workshop will also be available via Zoom.

UNDERSTANDING DEMENTIA BEHAVIORS

Mary Chaput, MA, CDP; Director, Family Caregiver Support Programs

As an individual with dementia loses their ability to communicate with words, behavior becomes a powerful form of communication. Often, it is an individual's only way to communicate their needs, their feelings, and their pain. Sometimes these behaviors pose challenges for the caregiver. This workshop will identify common triggers that can cause reactions in individuals living with dementia, and discuss how changing our response to dementia behaviors can help everyone have a better day!

March 24, 2025; 2:00 pm

*Brooklyn Park Library
1 E. 11th Avenue, Brooklyn Park*

If Anne Arundel County Public schools are closed or close early due to inclement weather, the workshop will be cancelled.

THE MECHANICS OF CAREGIVING

Mechanics of Caregiving

Ben Ogundipe, PT, DPT

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 care giving duties.

March 31, 2025; 6:00 pm

*Michael E. Busch Annapolis Library
1410 West Street, Annapolis*

CREATING A CARE PLAN

Jennifer Sapp, MSG, MSW, LCSW-C

Health care professionals create care plans for their patients to ensure that their patient receives the care tailored to their specific needs. This care is coordinated and delivered through various healthcare disciplines and regular communication. As a caregiver, you are the coordinator of care for your loved one and you need a care plan, too. Learn how to develop and manage a care plan for your loved one so that you can better coordinate and support quality care while reducing caregiver stress.

April 30, 2025; 6:00 pm

*Michael E. Busch Annapolis Library
1410 West Street, Annapolis*

PARKINSON'S DISEASE

Dawn Lewis, Development Manager, Mid-Atlantic Chapter of the Parkinson's Foundation.

Living with Parkinson's disease can be challenging, but there are many things that can be done to maintain and improve the quality of life for a loved one. This program will provide families with information to help those with Parkinson's find the balance between a proactive approach and wondering what lies ahead.

May 6, 2025; 2:00 pm

*Crofton Library
1681 Riedel Road, Crofton*

WHAT CAREGIVERS WANT (AND NEED) TO KNOW

Caregiver Program Staff

Caregivers typically want to know about the specific medical condition of the person they are caring for and how the condition might progress. They are also looking at how to access support systems and resources and how to plan for the future. Most importantly, they need to know how to prioritize their own physical and emotional well-being while providing quality care. Join the Department of Aging & Disabilities caregiver program staff as we dive into these questions, as well as any other questions you bring to the session.

May 6, 2025; 6:00 pm

*Severna Park Library
45 West McKinsey Road, Severna Park*

BRAIN HEALTH, MENTAL HEALTH, AND QUALITY OF LIFE FOR CAREGIVERS

Kim Burton, Behavioral Health Consultant and Educator

The quality of our lives and relationships are directly impacted by our mental health. Our mental health depends on the health of our brains and our minds. This program provides important and practical information, as well as resources to maximize good mental health and reduce caregiver stress.

June 5, 2025; 6:00 pm

*Severn Community Center
1160 Reece Road, Severn*

Pre-registration is requested for all in-person workshops so that we have adequate materials. 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.