

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

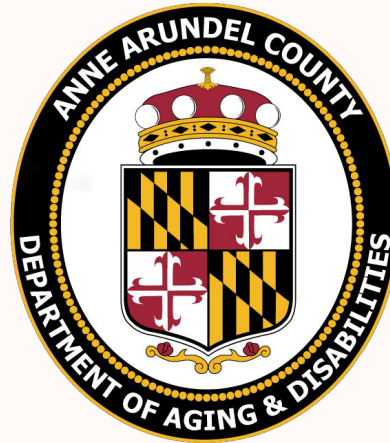


If Anne Arundel County Public schools are closed or close early due to inclement weather, the workshop will be cancelled.

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

Register on-line under "Upcoming Events" at www.aacounty.org/aging or call 410-222-4375 for assistance.

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.



CAREGIVER WORKSHOPS Fall 2026



NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM

When we are no longer able to change a situation, we are challenged to change ourselves. ~Victor Frankl

On social media? Join our Facebook Caregiver Support group:

facebook.com/groups/855392901539600.



A caregiver newsletter is emailed on the first day of each month. This email provides up-to-date information about events/information from the program, the Department, and the community.

Please email caregiver_support@aacounty.org to have your email added to the list.

Our Respite Care Referral Program maintains a registry of home care workers who have been screened by and trained at the Department of Aging and Disabilities. These workers are independent contractors whose rates are generally lower than home care agency rates. If you would like a list of workers, please contact Anne Kaiser at 410-222-4377.

What Caregivers Want and Need to Know

Colleen Ireland and Anne Kaiser
Department of Aging & Disabilities Staff

Thursday, September 10, 2026; 6pm
Edgewater Library
25 Stepneys Ln, Edgewater

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.

Dementia 101

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

Thursday, October 15, 2026; 6pm
Annapolis Library
1410 West St., Annapolis

This workshop session will cover a basic understanding of dementia and how it affects the diagnosed individual and their caregivers. We will also discuss communication tools and strategies for coping with the changes you see.



Dementia Live Experience

Department of Aging and Disabilities Staff

Wednesday, October 28, 2026; 6pm
Department of Aging North, Hein
7320 Ritchie Hwy., Glen Burnie

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.

Pre-registration by phone is required for this workshop

410-222-4375
410-222-4339

Understanding Dementia Related Behaviors

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

Monday, November 9, 2026; 6pm
Severna Park Library
45 W. McKinsey Rd., Severna Park

As an individual with dementia loses the 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 real challenges for the caregiver. This workshop will identify common difficult behaviors, their triggers, and strategies to help decrease them.

I Can Do It All. No, You Can't.

Mary Chaput, Colleen Ireland, Anne Kaiser
Department of Aging & Disabilities Staff

Tuesday, December 1, 2026; 6pm
Odenton Library
1325 Annapolis Road, Odenton

In the early stages of caregiving, it's easy to go into superhero mode insisting "I've got this. I can do it all." But it's important to keep in mind that icaregovomgis a marathon that can last for many years. Even the strongest caregivers with the best intentions eventually need assistance. Let's talk about why it is so hard to ask for help and discuss how small steps in sharing tasks can help both you and your loved one maintain the best quality of life possible.