



The Caregiver's Voice

For People Caring for Family, Friends, & Neighbors

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Fall 2020

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@aaacounty.org

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Fall Caregiver Educational Workshops



October 29th
Respite Care: What Is It and How Do I Get It?
7:00 pm VIA the Zoom platform

Respite care is an essential part of the overall support that families may need to keep their family member with a disability at home. Understanding when it's time to find that care, whether a few hours a week or round-the-clock, is essential for family caregivers. This workshop will help you plan for and find care and will explore options for paying for care. *Mary Chaput, M.A., CDP, CDCP, Dementia Live Coach & Practitioner*

"SnowDemic" - Preparing for Winter Weather During a Global Pandemic
November 4, 2020
7:00 VIA the Zoom Platform

This workshop offers a look at winter weather and COVID-19 hazards with tips for preparing individuals, families, and your community. This Workshop will specifically include practical preparedness information for caregivers of individuals with access and functional needs. *James Krempel, Office of Emergency Management, Community Outreach Coordinator*

Coping with the Holidays
November 17th
7:00 pm VIA the Zoom platform

The holidays will soon be upon us, and with COVID, we know that many traditions may need to change. Join us as we discuss new ways to cope with *holiday overload* so that you can leave room for what really matters to you and your loved ones during the season. Please bring a pen and paper as we will engage in some enlightening activities that will help you to prioritize what is most important, simplify, set boundaries, reduce stress and feel empowered with new tips and techniques for holiday wellness. *Pam Brandon, President & Founder, AGE-u-cate Training Institute, LLC*

Register on-line at aaacounty.org/aging or call 410-222-4339.

The Dementia Live® workshops are also on a "hold" status; we so look forward to resuming these sessions once we are able to share this experience in a safe (distancing) manner.



On-Line Videos

- Dementia and COVID-19
- At Home with a Loved One with Dementia
- Dementia: It's Not Just Memory Loss
- Communicating through Behaviors
- Self-Care During COVID-19
- When You're Already a Worrier
- Discover the Programs

Respite Care Referral Program



With the goal of providing a lower-cost alternative to allow older adults and individuals with a disability to remain in their homes, the Anne Arundel County Respite Care Referral Program (RCRP) maintains a registry of self-employed caregivers. Older adults, adults with disabilities, and their families who are looking for assistance with meal preparation, shopping, transportation to doctors' appointments, bathing, and other daily activities will be provided with names and phone numbers of registry members. As self-employed contractors, respite care workers negotiate with and are paid directly by the client.

Respite care workers are expected to provide personal and supportive in-home services. Workers assume responsibility for the health, safety, and mental well-being of the client. Workers

perform tasks that are needed to maintain the client in his/her home and assure a safe and sanitary environment. Workers are alert to changes in the client's status that may require further intervention of health professionals.

All respite care workers undergo a criminal background check and complete a two day in-person or three day virtual training. All respite care workers are also required to complete additional training through the Anne Arundel County Department of Aging and Disabilities annually.

Any resident of Anne Arundel County in need of respite care or family caregivers who care for Anne Arundel

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Grandparents Raising Grandchildren: (Check out more e-learning resources at aacps.org.)

7/22/2020

Elearning @ AACPS / Home Learning Advice for Parents

ELEARNING ADVICE FOR ELEMENTARY SCHOOL PARENTS

Help Your Student Ask Questions

Your student's teacher will be the most helpful when they know the questions your student has about learning.

Empowering your student to "own" their Google Classroom, click-by-click, is hard at first, but will pay off in the long run.

Plan the Day with Your Student

Even if you're following a lesson plan, it's good to brainstorm with your student about their day ahead.

Give them options. Ask them what they feel about doing tasks in certain ways. Give them time to adjust to the schedule.

Involve the Family

Learning at home involves integrating time to learn into your family's other responsibilities and routines.

Talk with all people living in your home to agree to schedules and expectations that work for everyone.

Be flexible

Online learning from home can sometimes be difficult and frustrating.

Try to establish routines for your student's learning time. Be flexible based on your student's engagement, mood, and feelings of stress.

Take breaks

It's simple advice - and you can't underestimate the power of breaks.

Add it to your schedule and make it fun—or be spontaneous and flexible and take it when you can. Don't forget to go outdoors when you are able.

Happy eLearning!

Look for the things your student likes to do and sprinkle them throughout their learning time.

Although only 1 assignment per week goes in the gradebook, support your student to do some of the other offerings to expand their horizons - when you have time and their mood is right.

<https://www.aacps.org/Page/8584>

1/2

The 2020 Holiday Season



As if you don't have enough stress dealing with everyday life and caregiving issues, especially during the 2020 pandemic, the holidays are creeping up – quickly! So, let's revisit some tips that might help you actually enjoy them.

If you care for someone living with dementia, the routines you have established during non-holiday times you keep your loved one comfortable in his/her environment. When the routines are disrupted during the holiday, you may see changes in their behavior and demeanor. For many individuals living with dementia, even three people can seem like a crowd. When you add in lights and music, excited children and noisy conversations, the person with dementia might experience sensory overload and become even more agitated and confused. During the holidays, the house takes on a different look and feel. More people coming and going may mean more names he or she forgets and faces they don't recognize. Conversation becomes difficult to follow.



Go easy on the decorations and try not to move furniture around. Take a good look at your decorations. Make sure electrical cords are out of sight; you may want to steer clear of blinking lights as they can be confusing for someone with dementia. Maintain a sense of familiarity within the home; moving furniture around to accommodate a tree or other decorations can cause confusion. While changing familiar settings can create confusion; extra cords, decorations, and piles of gifts can be a mobility hazard.



The restrictions coming from COVID-19 will most probably limit the number of guests in your home and the number of visits to other's homes. When visitors or visits do happen, make sure a quiet space is available for your loved one to take a break.

Keep in mind your own needs during this holiday season. The pandemic has made it more difficult to get the hands-on support you need and deserve. Adjust your expectations. Explore simpler ways to celebrate.

Respite Care Referral Program (continued)

County residents are eligible for this program. There are no age or income requirements. If interested in hiring a respite care worker, call 410-222-4377.



Before you Interview, Know Your Priorities

- What can I afford?
- What tasks do I want done?
- What time of day and which days of the week do I want help?
- Do I need part-time or full-time assistance?

Screening and Interviewing

- Pre-screen workers over the telephone
- Interview more than one worker **in-person**.
- Ask to see a photo ID.
- **Always** ask for and check references.
- Ask questions about the applicant's training, background and experience.
- You can ask to see a copy of the



- worker's driving record.
- Don't commit yourself on the spot.

Your Responsibilities

- Give clear directions. Identify things you do and don't want the worker to do.
- Use a **written** agreement to clarify expectations and services.
- Be consistent with your expectations.
- Be businesslike in your relationship.

Cost

Keep in mind: Respite Care Referral Program workers are self-employed contractors.

- There is no charge for the referral service.
- Fees are agreed upon by the client and the caregiver.
- Medicare does not pay for respite care.
- Some long-term care insurance policies will cover services. Talk with your specific insurance company.



Family Caregiver Support Groups

Jennifer Sapp, MSW, MSG
facilitates monthly support groups:

Glen Burnie Virtual Support Group

July 8th
August 12th
September 9th
1:00-2:30 pm

Zoom link:

<https://zoom.us/j/95528073816?pwd=YkI4WHc5TWxvcVNYd2RuM0xOWElGdz09>

or call

301 715 8592 US
Meeting ID: 955 2807 3816
Password: 825823

Annapolis Virtual Support Group

July 21st
August 18th
September 15th
1:00-2:30 pm

Zoom link:

<https://zoom.us/j/92339386298?pwd=UjYxOGxrZ2gvSTFnVVNGaFdzZUITZz09>

or call

301 715 8592 US
Meeting ID: 923 3938 6298
Password: 825823

Caregiver Support Facebook Group



Family caregivers, living in or caring for someone in Anne Arundel County, are invited to join our Facebook Support Group page. We hope this gives you the opportunity to connect with each other, share your concerns and your experiences and, hopefully, laugh in-between meeting times. For those of you unable to attend the day-time meetings due to work schedules or other commitments, this format provides you with the opportunity to connect, share with and support other caregivers. You can find the group on Facebook.com/ArundelSeniors.



National Family Caregiver Support Program

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A Maryland Access Point Program**
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**Family Caregiver Support
Program Staff**
Mary Chaput, Program Director
Patricia Lortie, NFCSP Coordinator
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7320 Ritchie Highway
Glen Burnie, MD 21061

- 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

Anyone needing 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 up-coming 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.