



Caregiver News and Updates

May 2020



Due to the continued spread of the Covid-19 virus, Anne Arundel County has suspended/canceled all May in-person workshops and support groups.

We will keep you updated about later events as decisions are made.

I'm sorry for the inconvenience; we're trying to keep everyone safe & healthy!



Caregiver Support Groups Go Virtual!

May

May 13th

1:00-2:30 pm

Glen Burnie Virtual Support Group

Zoom link:

<https://zoom.us/j/95528073816?pwd=Ykl4WHc5TWxvcVNyY2RuM0xOWEIGdz09>

or call

301 715 8592 US

Meeting ID: 955 2807 3816

Password: 825823

May 19th

1:00-2:30 pm

Annapolis Virtual Support Group

Zoom link:

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

or call

301 715 8592 US

Meeting ID: 923 3938 6298

Password: 825823

June

June 10th

1:00-2:30 pm

Virtual Support Group

Zoom link:

<https://zoom.us/j/95528073816?pwd=Ykl4WHc5TWxvcVNyY2RuM0xOWEIGdz09>

or call

301 715 8592 US

Meeting ID: 955 2807 3816

Password: 825823

June 16th

1:00-2:30 pm

Virtual Support Group

Zoom link:

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

or call

301 715 8592 US

Meeting ID: 923 3938 6298

Password: 825823

Dementia and COVID-19: QuickTip for Maintaining Routine and Connections durith this Time of Social Isolation



Caring for an individual with dementia during this time of social distancing? How can you manage changes in routine and make use of technology whether providing care in your home or supporting your loved living in a long-term care facility? [Click here](#) for some tips on staying connected and activities to keep you both engaged.



On-Line Caregiver Workshops

May 20th
7:00-8:00 pm

Jennifer FitzPatrick, MSW, CPS

When You Are Already a Worrier: How to Manage Anxiety During these Unprecedented Times

It's a tense, uncertain time for everyone. But what about the nearly 20% of our population who already suffer with an anxiety disorder? What strategies are most effective in helping your loved one and yourself if you struggle with one of these conditions? This session will help you better understand how anxiety disorder symptoms are being triggered during this international health crisis and how to respond to yourself and your loved one compassionately.

Many of you are familiar with our presenter, Jennifer FitzPatrick. The founder of Jenerations Health Education, Inc., Jennifer FitzPatrick has over 20 years' experience in healthcare and gerontology. The author of Cruising Through Caregiving: Reducing The Stress of Caring For Your Loved One, she is also a gerontology instructor at Johns Hopkins University. She helps you reduce stress and increase productivity, morale and revenue. Jennifer and Cruising Through Caregiving have been featured in Forbes, U.S. News & World Report, The Huffington Post, Reader's Digest, Univision and The Chicago Tribune. She has also appeared on ABC and Sirius XM.

The workshops will be shared via the Zoom platform; you will be able to log in through your computer or listen by phone. [Register on line](#) or call 410-222-4339.



Caregiver Support Facebook Group

Welcome to our family caregivers, those living in or caring for someone who lives in Anne Arundel County. As the number of our support group members continues to grow, we wanted to give 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, I hope this format now provides you with the opportunity to connect and share with others for support. While we know that every caregiver journey is unique, we hope that this support page will allow you to teach and support one another while you learn from and lean on your fellow caregivers. [Click here](#) to join.

Miss the April Workshop?



Did you miss the April 20th workshop "At Home with a Loved One with Dementia: Maintaining a Routine while Social Distancing?" You can now view the workshop on-line at your convenience. [Click here to watch.](#)

Online Updates and Virtual For Older Adults

The Department of Aging and Disabilities is proud to present a daily message, activities, and virtual socialization to help keep us all safe, connected, and informed during COVID-19.

Anyone from the public is welcome to follow along and participate in online exercise, art classes, crafts, line dancing, music and more!



Click [here](#) for information on how to participate!

Community News & Events

Grocery Shopper Shuttle



WHEN: **Tuesday** - Open to Seniors Only
Thursday - Open to All
Shuttle Service Hours: 7 a.m. - 2 p.m.
*Passengers will be given 30 minutes to shop

WHERE:

- **BJ's Wholesale Club**, 8131 Ritchie Hwy, Pasadena
- **Food Lion**, 121 Crain Hwy N, Glen Burnie
- **Giant Food/Pharmacy**, 575 Ritchie Hwy, Severna Park
- **Safeway**, 1451 S, Ritchie Hwy, Arnold
- **Walmart**, Quarterfield Crossing, 415 George Clauss Blvd, Severn
- **Walmart**, 484 Ritchie Hwy, Severna Park

Reservations: 410-222-0025

Call at least 24 hours in advance of your desired trip.

For more information visit
aacounty.org/transportation



HFC Dementia Home Care Grant

HFC® (formerly Hilarity for Charity) and the Home Instead Senior Care® network are working together to award home care grants to those providing care to their loved ones living with Alzheimer's disease or other dementias. The home care grants will be awarded across the United States and Canada. While there is currently no cure for Alzheimer's, there is care. The goal of the home care grant is to provide exceptional home care to families affected by this disease, and to give these families support and rest. These grants are facilitated by Home Instead Senior Care, where available. These grants are for respite care hours, there is no cash value.

To be eligible for the Recharge Relief Grant or the Extended Relief Respite Grant, the caregiver(s) or loved one living with Alzheimer's & dementia must fit within the following criteria.

1. Currently living at home with Alzheimer's disease or related dementia.
2. Caregiver(s) is facing financial and emotional hardships due to the unique challenges of Alzheimer's or related Dementia.
3. Resides in the United States or Canada.

Due to the overwhelming response of applications and the diverse needs of Alzheimer's family caregivers, HFC has created two HFC Alzheimer's and Dementia Care relief grants. Please read the grant descriptions below. Only one application per person will be accepted on a quarterly basis.

Recharge Respite Grant

The Recharge Respite Grant is a one-time grant of 50 hours of respite care to be used within 3 months of being awarded. If awarded a Recharge Respite Grant, upon completion of this grant, applicants are able to reapply for another grant if needed. This grant is designed to provide respite to family caregivers that need to take time to personally recharge and focus on themselves.

Extended Relief Respite Grant

The Extended Relief Respite Grant is a six-month grant of 25 hours of respite care per week for six months (24 weeks). Upon completion of this grant, applicants are able to reapply for another grant if needed. This grant is designed to provide extended respite to family caregivers who need to take time to focus on their personal and professional lives. Due to limited funding, there are a limited number of Extended Relief Grants available. The review committee will award grants based on available funding and need. HFC will only accept online applications. Any other type of application submitted will not be eligible for review.

When completing the application, please provide a full narrative of what you are going through. One sentence and one-word answers do not give the review committee a full understanding of your situation. If one or two sentence answers are provided, your application will likely not receive a grant. Please provide as much detail as you can so that we can learn more about you and your loved one. Also, review your information for accuracy before submitting your application.

For more information and to apply for the HFC grant, [click here](#).



Anne Arundel County
Department of Social Services

RESPITE CARE PROGRAM

If you, a family member, customer or resident of Anne Arundel County is caring for an individual that has a functional or developmental disability they may be eligible for our Respite Care Program

What is Respite Care? Respite is a temporary break for caregivers from their regular care giving responsibilities. These breaks can allow caregivers to do things they would not otherwise have time for or be able to do.

Examples of respite includes: going on vacation, running errands, going to the movies and visiting with family and friends.

To find out more about our new respite program or to obtain an application,

Call the Anne Arundel County Department of Social Services Annapolis Office at 80 West Street and ask to speak with an Emergency Services Case Manager.

410-269-4472



Movement Disorder Education and Exercise, Inc.

Movement Disorder Education and Exercise, Inc. is a Maryland-based non-profit helping individuals learn to manage and live with movement disorders, including Parkinson's.

From exercise and education to support and companionship, MDEE hopes to build strength and balance in their participants.

You don't have to struggle with Parkinson's alone; the MDEE team is here to help you learn to manage your disease. For more information, [click here](#).

Anne Arundel County
Department of Aging and Disabilities
Family Caregiver Support Programs
(410) 222-4257
www.aacounty.org/aging
caregiver_support@aacounty.org

STAY CONNECTED

