

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



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



## **CAREGIVER WORKSHOPS**

### **Fall 2024**



## **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](http://www.aacounty.org/aging)  
[caregiver\\_support@aacounty.org](mailto:caregiver_support@aacounty.org)

**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

Tuesday, September 10, 2024: 6:30 pm  
*Glen Burnie/Hein Office  
7320 Ritchie Highway.*

**Pre-registration by phone is required for  
this workshop  
410-222-4375/4339.**

**DEMENTIA 101: UNDERSTANDING THE  
CHANGES AND DEVELOPING COPING  
SKILLS**

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

This workshop session will cover a  
basic understanding of dementia and  
how it affects the individual diagnosed  
and their caregivers. Communication  
tools and strategies for coping with  
changing behaviors will also be  
discussed.

September 11, 2024; 6:00 pm  
*Busch Annapolis Library  
1410 West Street,  
Annapolis, MD 21401*

**UNDERSTANDING AND DEALING WITH  
DEMENTIA RELATED 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 real  
challenges for the caregiver. This  
workshop will identify some common  
difficult behaviors and their triggers, as  
well as strategies to help decrease them.

October 23, 2024; 6:00 pm  
*Severna Park Library  
45 West McKinsey Road,  
Severna Park, MD 21146*

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participants into life with dementia,  
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what it is like to live with cognitive  
impairment and sensory change. Space is  
limited at each session.

Thursday, November 14, 2024: 6:30 pm  
*Glen Burnie/Hein Office  
7320 Ritchie Highway.*

**Pre-registration by phone is required for  
this workshop  
410-222-4375/4339.**

**CONNECTIONS, SUPPORTS, AND  
RESILIENCY**

*Kim Burton, Behavioral Health  
Consultant and Educator*

We all know that caregiving is not for  
the faint of heart! Caregivers often live  
in a state of exhaustion and fear.  
Identifying and building our personal  
“protective factors” such as connections  
and supports can help boost the mental  
health and resiliency of those who care  
for others. Join us for a morning of  
interactive learning. A continental  
breakfast will be provided.

Saturday, December 7, 2024  
9:00am-12:00pm  
*Glen Burnie office  
7320 Ritchie Highway.*

**Weather Related Cancellations**

If AACPS are closed for the day, workshops are  
cancelled.

If AACPS schools close early or cancel after  
school/evening activities, workshops are  
cancelled.

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

Register on-line at [www.aacounty.org/aging](http://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](mailto:agchap01@aacounty.org) at least seven days in  
advance of the event. TTY users, please call via  
Maryland Relay 7-1-1.