

Caregiver Connection

Called to
CARE

A program of Johns Hopkins Bayview Medical Center

A publication that connects caregivers with resources, support and each other

May/June 2018

Caregiver Cafés

Chat with fellow caregivers, meet health care providers and learn about community resources.

May 17 & June 21, from 2 to 3:30 p.m.

The Soul Center at Beth El Congregation
8101 Park Heights Ave., Pikesville, MD 21208

Info./Register: rachels@bethelbal.com or
410-484-0411 ext. 1103

June 27, from 4 to 5 p.m.

Johns Hopkins Bayview
5th floor waiting room, FSK Pavilion

Info.: 410-550-1660 (*no registration is required*)

Community Events

May 1: Club Memory

Caregivers and their loved ones with dementia are invited on a trip to Bay Meadow Horse Farm to feed the horses, watch riders and do crafts.

11 a.m. to 1 p.m.
2408 Cullum Road, Bel Air, MD 21015

Info.: anelso18@jhmi.edu

June 28: Caregiver 101—Mini Workshop

This interactive session is designed to provide support, connections and strength to family caregivers. Participants will discuss common caregiving issues, strategies to cope, and available resources through health and service partner agencies.

11:30 a.m. to 2 p.m.
Knott Conference Center
Johns Hopkins Bayview Medical Center

Info./Register: kmonson1@jhmi.edu or
410-550-1118

BALTIMORE CITY HEALTH DEPARTMENT

Community Partner Spotlight: Division of Aging and CARE Services

The Baltimore City Health Department Division of Aging and CARE Services' National Family Caregivers Program is the bridge between caregivers and community services. Through the program, caregivers can access resources, information and assistance for themselves and their loved ones. The program currently serves Baltimore City caregivers providing care to a person 60 and older, as well as grandparents over the age of 55 with primary care responsibility for grandchildren.

The program provides caregivers with five key services:

1. Information to caregivers about available services
2. Assistance to caregivers in gaining access to services
3. Individual counseling, organization of support groups, and caregiver training in making decisions and solving problems relating to their caregiving roles
4. Supplemental services, on a limited basis, to complement the care provided by caregivers
5. Respite care to enable caregivers to be temporarily relieved from their caregiving responsibilities

The program also provides non-emergency and non-expedited financial assistance to caregivers to pay for respite or supplemental services. The funds may be paid directly to the caregiver or to the care recipient and can be used to hire providers for respite services or to reimburse for out-of-pocket expenses related to the caregiver role. Currently, assistance is limited to \$300 per person annually (from date of processing). This assistance is subject to availability of funds.

For more information about the Family Caregivers Program, call **410-396-1337** or visit **health.baltimorecity.gov/family-caregivers-program**.

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VOICE OF THE CAREGIVER: GLORIA PORTER



Who did you care for?

It was my honor to care for my mother. She wanted to remain in her own home in Sparrows Point.

As a caregiver, what was the biggest challenge for you?

It was important to coordinate many aspects of my mom's life—medical appointments, medicine, finances, social activities and shopping. I found it critical to have systems in place to keep up with everything. Of course, I also had to manage my own affairs.

How did you take time for yourself?

I have two sisters and they also helped, particularly with providing me with time for myself. They would come and stay with my mom, allowing me to see friends, go to the theater, visit museums and attend workshops.

What services did you find to be supportive?

The Baltimore County Department of Aging has many helpful resources, including a monthly newsletter. I also took courses at the Johns Hopkins Odyssey Program. They have a series on aging and I received great information through the teachers and speakers who came to class. AARP also has resources and a website on caregiving. I sought out workshops like Called to Care's Caregiver 101 course and attended the Baltimore City Caregivers Conference. I was always rewarded with increased knowledge and helpful programs and people.

What advice would you give to other caregivers?

Stay positive and have your own support system. You need to share your feelings, not keep them inside. My faith was a source of strength. My church family at Shiloh Baptist of Baltimore County helped by visiting my mom. Do not hesitate to ask for help. On this journey, help matters and you may be surprised by who answers that call.

TOP TIPS FOR CAREGIVERS

1

Find Your Support System



2

Gather Information



3

Recognize a "New Normal"



4

Relax Your Mind, Recharge Your Body



5

Take Comfort in Others



6

Plan for the Future



7

Accept a Helping Hand



8

Be Mindful of Your Health



9

Explore Stress Management Techniques



10

Do What You Can, Admit What You Can't



Source: Johns Hopkins Healthcare Solutions—Managing Cancer at Work

johnshopkinssolutions.com/wp-content/uploads/2017/09/JohnsHopkins-Cancer-Workplace-Graphic-Stress-Management-Tips.pdf