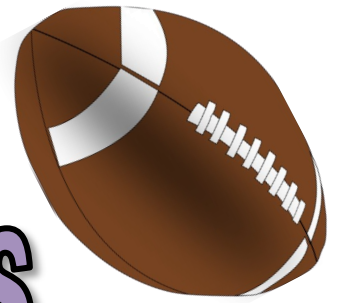


Presented by Baltimore County Department of Aging
and the Mental Health Association of Maryland

TACKLING FAMILY CAREGIVING CHALLENGES



The Mental Health Players presentation will focus on the following three challenges faced by family caregivers of older adults:

- caring for an older relative who is having increased difficulty with driving, cooking and nutrition or safety in their home
- changes in your marriage because your spouse has declining health issues
- caring for a person with Alzheimer's disease and dealing with related behaviors

Using role play and interactive audience participation, this troupe of volunteer actors expands awareness and educates community members about a comprehensive range of societal problems. Conflicts are presented through dialogue between actors, with a narrator facilitating audience responses in a flexible, spontaneous format.

Monday, November 7, 2016
12:45 p.m.
Catonsville Senior Center
501 North Rolling Road
Catonsville 21228

Monday, November 14, 2016
1:00 p.m.
Essex Senior Center
600 Dorsey Avenue
Essex 21221

Monday, November 28, 2016
12:30 p.m.
Bykota Senior Center
611 Central Avenue
Towson 21204

The Mental Health Association of Maryland will be providing these programs free of charge for the community. The Baltimore County Department of Aging appreciates this unique opportunity to partner with the Mental Health Players in November to commemorate National Family Caregivers Month.

For directions to these centers, refer to www.baltimorecountymd.gov/Agencies/aging/centers/directions

