



# Caregiver Corner

City of Alexandria  
Division of Aging and Adult Services

"If you find it in your heart to care for somebody else, you will have succeeded." – Maya Angelou

## Caregiver Tip:

### Fall Prevention: A Caregiver's Checklist

- ◇ Encourage your loved one to exercise. Exercise improves balance, coordination and strength.
- ◇ Ask the doctor for a medications review as some medications can affect balance and coordination.
- ◇ Buy well-fitted, low-heeled sturdy shoes that have non-slip soles
- ◇ Take your loved one for a vision check-up and keep hallways and stairs well lit.
- ◇ Reduce tripping hazards by removing clutter and objects off the stairs.
- ◇ Make sure handrails are safely secured to the wall.
- ◇ Use non-slip bath mats and install grab bars in the bathroom. Never use a towel rack or the shower rod for support and use non-skid throw rugs and watch for folds in rugs or carpets.

**Caregiver Support Group**  
**Wednesday, April 3, 2013**

**4 - 5:30 p.m.**

**Alexandria Adult Day  
Services Center**  
**703.746.5676**

## Resources:

### At Home in Alexandria Discussion Series:

**"Know Your Rights and How to Ensure Them"**, Thursday, April 25, 2013 from 1:00-3:00 p.m., Charles Beatley Library, 5005 Duke St., Alexandria, VA. 22304.

A Virginia Attorney will discuss the legal directives and health care documents that need to be developed and filed so that you can control decisions made about your care or the care of a family member or friend. For more information, visit [www.athomeinalexandria.org](http://www.athomeinalexandria.org) or call 703.231.0824.

### Senior Services of Alexandria 2012-2013 Speaker Series:

**"Making the Most of your Retirement and How to Plan"**, Wednesday, April 10, 2013, at 9:30 a.m., Charles L. Beatley Central Library, 5005 Duke St. Alexandria, VA 22304. For more information, visit [www.seniorservicesalex.org](http://www.seniorservicesalex.org) or call 703.836.4414, ext. 13.

---

To remove your name from our mailing list, please email [Jennifer.Sarisky@alexandriava.gov](mailto:Jennifer.Sarisky@alexandriava.gov)

Questions or comments? Email [Jennifer.Sarisky@alexandriava.gov](mailto:Jennifer.Sarisky@alexandriava.gov) or call 703.746.5999, Option 1



A publication of the  
City of Alexandria  
Department of Community and Human Services  
Division of Aging and Adult Services

April 2013