



Caregiver Corner

City of Alexandria
Division of Aging and Adult Services

“Everyone of us needs to show how much we care for each other and in the process care for ourselves.” Princess Diana

Caregiver Tip:

Winter storms can range from a moderate snow over a few hours to a blizzard that lasts for several days. Here’s how you can prepare for winter weather.

- Get to know your neighbors. Keep a list of neighborhood emergency contacts that you can call on if needed.
- Keep emergency supplies ready in case you and your loved ones need to remain at home for several days. Keep enough water, medications, and foods that your loved one can eat.
- Make a personal plan. If your loved one has special mobility or medical needs register with your fire department or office of emergency services for additional assistance.
- If your loved one attends an adult day care center, senior center or receives in-home care, talk to their provider about inclement weather or emergency procedures.

Caregiver Support Group
Wednesday, January 2, 2013

4 - 5:30 p.m.

**Alexandria Adult Day
Services Center**
703.746.5676

Resources:

Virginia Navigator: Virginia Navigator provides free information to seniors, caregivers, adults with disabilities and their families. Resources include health services, housing, transportation, financial and legal information, exercise programs, and support groups.

To access Virginia Navigator go to www.VirginiaNavigator.org or call toll free at 1-866-393-0957 for the Virginia Navigator Center nearest you.

Eldercare Locator: The Eldercare Locator database is designed to link older adults and their caregivers to unbiased information and assistance resources at the state and community level. Go to www.eldercare.gov or contact 1-800-677-1116.

To remove your name from our mailing list, please email Jennifer.Sarisky@alexandriava.gov

Questions or comments? Email Jennifer.Sarisky@alexandriava.gov or call 703.746.5999, Option 1



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