



Caregiver Corner

City of Alexandria
Division of Aging and Adult Services

"The simple act of caring is heroic." Edward Albert

Caregiver Tip:

Setting boundaries, especially saying "No" to others, can be difficult. If caregivers do not set boundaries, they may quickly experience burnout.

One of the first steps is for caregivers to identify their boundaries and know that it's okay to have them.

Setting boundaries can help caregivers differentiate between their own needs and the needs of the person receiving care. Then caregivers can be honest about what they are able to fit on their "plate", say "No" to others when necessary and to ask for assistance from others.

Caregiver Support Group
Wednesday, March 6, 2013

4 - 5:30 p.m.

**Alexandria Adult Day
Services Center**
703.746.5676

Resources:

Senior Services of Alexandria 2012-2013 Speaker Series:

"Maintaining Memory & Coping with its Loss", Wednesday, March 13, 2013, at 9:30 a.m., Westminster Presbyterian Church, 2701 Cameron Mills Rd., Alexandria, VA. 22301. For more information, visit www.seniorservicesalex.org or call 703.836.4414, ext. 13.

At Home in Alexandria Discussion Series:

"A Trip to the Emergency Room", Thursday, March 21, 2013 from 1:00-3:00 p.m. Charles Beatley Library, 5005 Duke St., Alexandria, VA. 22304.

An Emergency Medical Specialist and a hospital care coordinator will take you step by step through this process. Information will include what you or your loved one needs for an emergency room visit, what happens in the hospital, at discharge and how to choose the appropriate home care. For more information, visit www.athomeinalexandria.org or call 703.231.0824.

The Virginia Lifespan Respite Voucher Program:

The Virginia Department of Aging and Rehabilitation Services (DARS) is offering families up to \$400 to assist with Respite Care. This voucher program provides reimbursement vouchers to home-based caregivers for temporary, short-term respite care provided to people with disabilities who reside in the same household as the caregiver. For more information, visit <http://www.vadars.org/services.htm> or call 800.552.5019.

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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