



Caregiver Corner

City of Alexandria
Division of Aging and Adult Services

You give but little when you give of your possessions. It is when you give of yourself that you truly give.”

– Kahlil Gibran

Caregiver Tip:

Caring for a loved one can be at times overwhelming and challenging and caregivers often feel frustration and anger. Fear and shame at these emotions can prevent caregivers from talking about these feelings and dealing with them appropriately. Caregivers may not discuss these feelings because they are fearful of being accused of abuse or neglect. Others may feel ashamed at being angry at someone who has done nothing to cause their condition.

Here are ways deal with angry feelings experienced by caregivers .

- Recognize you anger: Make a list of things that cause anger and frustration.
- Take a break: Form a support network that can provide respite care.
- Find support: Tap into support resources which can include friends, caregiver support groups or crisis helplines.

Resources:

Pressure Points: Alzheimer's and Anger: This booklet from the Duke University Medical Center, Family Support Program, contains first-person narratives that illustrate a range of ways to adapt and cope with anger. To purchase send a check for \$8 with the order to the Duke Family Support Program, Box 3600 DUMC, Durham NC 27710, or call (800) 672-4213. E-mail queries can be sent to lpg@geri.duke.edu.

New To Medicare Information Session – August 11, 2015 6:30-8:30 p.m., Beatley Library, 5005 Duke Street, Alexandria, VA 22304 . This session presented by the City’s Division of Aging and Adult Services VICAP Program helps caregivers and people who will be eligible for Medicare to understand the basics of Medicare coverage and choices. To register e-mail cedar.dvorin@alexandriava.gov or call 703-746-5999.

To remove your name from our mailing list, please email jennifer.sarisky@alexandriava.gov
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