



Caregiver Corner

City of Alexandria
Division of Aging and Adult Services

Love and kindness are never wasted. They always make a difference. They bless the one who receives them, and they bless you, the giver. ~Barbara De Angelis

Caregiver Tip

The holidays can be both a wonderful and somber time for caregivers. Caregivers may reminisce about how your loved one once was and miss the days of the past. Take this opportunity to connect the past with the present by sharing pictures, watching old videos, or making a favorite family holiday treat together. This will allow you and your loved one to share old memories and create new ones. It is also a reminder what you shared and continue to share... your love for each another.

Caregiver Support Group
Wednesday, Dec. 11, 2013
4 p.m. - 5:30 p.m.
Alexandria Adult Day
Services Center

Resources

Juggling Work and Caregiving — Amy Goyer

More than 50 million Americans face the challenges of caring for a loved one while working. Although caregiving can be a richly rewarding experience, the role comes with enormous responsibilities and pressures. This free book, available for download from the AARP website, is Goyer's story as a live-in caregiver to her parents. It provides practical resources and tips whether you're caregiving day to day, planning for future needs or in the middle of a crisis. Visit www.aarp.org/CaregivingBook to download a copy of Juggling Work and Caregiving.

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