



# Caregiver Corner

City of Alexandria  
Division of Aging and Adult Services

“The capacity to care is the thing that gives life its deepest significance and meaning.”  
Pablo Casals, Cellist

## Caregiver Tip: Advocacy

Caregivers who are effective advocates can more quickly and easily negotiate our complex medical system. Here are some tips for effective advocacy:

### Advocacy At the Doctor's Office

- Get to know receptionists, office staff and nurses.
- Prepare for appointments by making a list of things to be discussed .
- Make the appointment for a time when your loved one is at their best and remind him or her of appointment times.
- Allow plenty of time for the appointment and bring a magazine, iPod, or something to keep your family member busy while waiting.
- Make sure you are clear about all directions or other information and don't hesitate to ask questions or for additional information.

**Caregiver Support Group**  
**Wednesday, December 3, 2014**  
**4—5:30 p.m.**  
**Alexandria Adult Day**  
**Services Center**

## Resources: Holiday Cheer

The holiday season offers numerous events for you and your loved ones to enjoy.

### **Alexandria Christmas Market – December 5-24, 2014, John Carlyle Square**

Vendors from all over come together for this event that gives the feeling of a unique European Christmas celebration. Food, beverages and merchandise will be available.

### **Celebrate the Holidays with a Song in your Heart –Dec. 11, 1:30-3 p.m., Charles Beatley Library**

The event sponsored by the Prevention of Blindness Society of Metropolitan Washington features Gloria Sussman, a life-long musician and local vision support group leader, for holiday songs and cheer.

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