



Caregiver Corner

City of Alexandria
Division of Aging and Adult Services

*"The best and most beautiful things in the world cannot be seen or even touched.
They must be felt with the heart." – Helen Keller*

Caregiver Tip

Maintaining intimacy can be challenging when your loved one has physical care needs. You may be overwhelmed and experiencing difficulty connecting both physically and emotionally.

Counselors advise clients to remember the three A's:

1. Acknowledgement – Acknowledge how care giving has changed your connection. Look for new ways to remain connected.
2. Attention – paying attention is more than monitoring physical well being. You can pay attention by listening, paying attention to non-verbal communication, and maintaining eye contact.
3. Affection – a kiss on the cheek, a smile, a back rub, or saying "I love you" can help to maintain emotional intimacy.

Caregiver Support Group
Wednesday, March 5, 2014
4 p.m. - 5:30 p.m.
Alexandria Adult Day
Services Center

Resources

Virginia Family Caregiver Solution Center offers an integrated approach to finding support and maintaining your emotional and physical health. The web site provides information, support, and links to resources. For more information visit www.virgininavigator.org/vf/.

How to Install Your Own Early Warning System is a free information session sponsored by At Home in Alexandria. The session will be held at the Charles Beatley Library, Wednesday, March 19 from 1-3 p.m. For more information call 703.231.0824 or visit www.athomeinalexandria.org.

To remove your name from our mailing list, please email Terah.Chamberlin@alexandriava.gov
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