



Caregiver Corner

City of Alexandria
Division of Aging and Adult Services

“We make a living by what we get, but we make a life by what we give.”
- Sir Winston Churchill

Caregiver Tip

May is Older Americans Month, a time to celebrate the vitality and contributions of older Americans. This year's theme is **Safe Today. Healthy Tomorrow** and focuses on injury prevention and safety. Here are some suggestions to remain healthy.

1. Talk to your Healthcare Provider

- Learn about physical activities that can improve your health.
- Check your vision regularly as sight plays a large part in preventing injury.

2. Manage Medications

- Talk to your pharmacist about your medications to prevent drug and food interactions and exacerbation of medical conditions.
- Be aware of side effects as some medications affect your ability to drive and walk.
- Create a medication schedule or use a pill box to ensure you are taking your medications as prescribed.

3. Prevent Falls, Fires and Burns

- Install handrails, grab bars, walking aids if needed and use ample lighting to prevent falls.
- Set your water heater to 120 degrees and test smoke detectors regularly to prevent burns/fires.

For more tips and information contact the Administration for Community living at: <http://www.acl.gov>

Caregiver Support Group

Wednesday, May 7, 2014

4 - 5:30 p.m.

**Alexandria Adult Day
Services Center**

Resources

Care Connection – Alzheimer's Foundation of America –This free, monthly one-hour phone call connects caregivers and provides coaching, guest speakers and opportunities for sharing. Sessions are the second Thursday of each month at 1 p.m. Call 1.877.594.8353, and use the guest identification number 46692951#. For more information, visit their website at: <http://www.alzfdn.org/AFAServices/careconnection.html>

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