



Caregiver Corner

City of Alexandria
Division of Aging and Adult Services

“Caregiving often calls us to lean into love we didn't know possible.”
Tia Walker, *The Inspired Caregiver: Finding Joy While Caring for Those You Love*

Caregiver Tip: Advocacy

Primary caregivers often become the healthcare advocate for their loved ones. Caregivers who are effective advocates can more quickly and easily negotiate our complex medical system. Here are some tips for effective advocacy:

Advocacy At Home

- Learn about your loved one's illness, symptoms and treatments.
- Maintain updated information including demographic, and financial information, health insurance cards, diagnoses, hospitalizations, surgeries, medications and allergies.
- Work with your loved one to make an Advanced Medical Directive and keep it easily accessible.
- Keep a log of medical symptoms and behaviors for review during doctor's appointment.

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

Resources:

Open Enrollment for Medicare - October 15th - December 7, 2014

This annual enrollment period offers Medicare recipients the chance to change their Medicare health and drug plans. Recipients should carefully review their coverage because plans may raise premiums, deductibles, co-payments or make changes to their covered drugs. Free help is available through Virginia Insurance Counseling Assistance Program (VICAP) to assist with ensuring your coverage meets your needs. Contact VICAP at 703-228-1725 for an appointment or go to www.medicare.gov/findaplan to compare health plans.

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