



Caregiver Corner

City of Alexandria
Division of Aging and Adult Services

“It is not selfish to refill your own cup so you can pour it into others...”
– Unknown –

Caregiver Tip:

November is National Family Caregivers Month. This year’s theme emphasizes the need for respite as a way to care for the caregiver. According to Caregiver Action Network, respite is essential to help caregivers maintain their emotional and physical health and without it they may not be able to continue caring for their loved one.

Here are some healthy respite tips for caregivers.

- **Find Respite Options:** Respite can be challenging to find and arrange. Go to <http://archrespite.org/us-map> to find programs near you
- **Address Sleep Difficulties:** Caregivers often have difficulty sleeping and may suffer from interrupted sleep as a result of their caregiving duties. Address insomnia and sleep difficulties because tiredness and lethargy adds to the stress of caregiving.
- **Energize:** Respite is more than taking a few hours off. Find ways to rest, relax and so you can return to caregiving refreshed.

Resources:

Respite Tips: Find more tips and videos on respite at the Caregivers Action Network site: http://nfca.typepad.com/nfc_month_2015/

Finding Joy in Caregiving: This article by Brenda Avadian discusses her journey to finding joy in caregiving. <http://health.usnews.com/health-news/patient-advice/articles/2015/09/25/>

Caregiver Support Group
Wednesday, November 4, 2015
4—5:30 p.m.
Alexandria Adult Day Services Center

To remove your name from our mailing list, please email joann.callender@alexandriava.gov
Questions or comments? Email joann.callender@alexandriava.gov or call 703.746.5999



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