



Caregiver Corner

City of Alexandria
Division of Aging and Adult Services

You can complain because roses have thorns, or you can rejoice
because thorns have roses. -ZIGGY

Caregiver Tip

September is Older Virginian's Mental Health Awareness Month. According to the World Health Organization, approximately 15 percent of adults 60 and over suffer from a mental health disorder. Older adults are at risk of developing mental disorders such as depression, neurological disorders such as dementia or substance use problems as well as physical illness or disability.

Stigma often prevents older adults from admitting to any mental health concerns. Here are some suggestions to help you and your loved one address mental health concerns.

- Seek advice from the primary care physician. The most common way for older adults to receive access to mental health treatment is through their primary physician.
- Be direct. Let your loved one know that you are concerned about their well-being. Offer to go with them to their physician to discuss concerns.
- Offer encouragement. Let them know that you are there to help, sort out options, and to be supportive.
- Plan activities. Ensure that your loved one is able to do things they enjoy outside of their home. Suggest participation in senior programs, bring them to their favorite park, for a cup of coffee or to visit their grandchildren.

Caregiver Support Group

Wednesday, Sept. 3, 2014

4—5:30 p.m.

Alexandria Adult Day
Services Center

Resources

To get mental health help for an older adult, contact the Alexandria Community Services Board by calling 703.746.3400 or for more information visit the website at www.alexandriava.gov/dchs/adultservices.

To remove your name from our mailing list, please email Terah.Chamberlin@alexandriava.gov
Questions or comments? Email Terah.Chamberlin@alexandriava.gov or call 703.746.5999, option 1



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