



Caregiver Corner

City of Alexandria
Division of Aging and Adult Services

“You, as much as anyone in the universe, deserve your love and respect.”
Buddha

Caregiver Tip:

April 16th is National Healthcare Decisions Day

Advanced care planning is the process to let others know what you want for your own medical care if you are unable to make decisions for yourself. An advance directive is the document that allows you to legally document these decisions.

An advanced directive also allows you to:

- Direct the types of medical treatment you want provided such hydration, nutrition or kept on life support.
- Direct the types of treatments and procedures to be withheld
- Appoint someone to act as your agent in making healthcare decisions for you, if you are unable to make these decisions for yourself.

Find out more about advanced care planning and health care decisions at the Senior Services Speaker Series April 15, 2015 from 9:30am-12pm at Beth El Hebrew Congregation. For more information about the event call 703-836-4414.

Caregiver Support Group

Wednesday, April 1, 2015

4—5:30 p.m.

**Alexandria Adult Day
Services Center**

Resources:

Virginia Advance Directive Registry: This website allows you to file your advance directive with the registry. Your health care provider and loved ones may be able to find a copy of your directive in the event you are unable to provide one. For more information and for free forms from the Virginia State Bar go to <https://virginiaregistry.org>.

Five Wishes: This document allows you to quickly and easily complete a health care directive. Contact the Division of Aging and Adult Services at 703-746-5999, ext. 1 for a free copy .

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



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