



# Caregiver Corner

City of Alexandria  
Division of Aging and Adult Services

*"It's About How You LIVE." ~ Caringinfo*

## Caregiver Tip: Advance Directives

Advance directives are an important tool for everyone. Why? If a person has a life threatening emergency which prevents her from making her own decisions, families must make choices on the person's behalf.

As a caregiver it is important to understand your loved one's wishes while she is able to make these decisions. Advanced Directives will insure your loved one's wishes are followed and may relieve caregivers and family members from the conflict and anxiety of making difficult decisions.

[AARP](#) describes directives to consider for you and your loved one. Various forms of these documents exist. Seek legal advice from organizations like [Legal Services of Northern Virginia](#) or a lawyer on the best documents to use for you and your family.

### Living Will:

Alerts medical professionals and your family to medical treatments you want to receive or refuse.

### Health Care Proxy:

This document names a trusted person to make health care decisions on your behalf when you cannot.

For additional tips on honoring your loved ones decisions and establishing advance directives, read ["End-of-Life-Decisions"](#) by the Alzheimer's Association.

## Resources:

[Emergency Food Resources:](#) Hunger Free Alexandria has compiled a listing of food resources for families who are impacted by COVID-19. For more information visit [www.hungerfreealexandria.com](http://www.hungerfreealexandria.com).

**Caregiver Support  
Group  
Wednesday,  
April 1, 2020  
Cancelled**

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For questions, comments or to remove your name from our mailing list, please email  
DAAS@alexandriava.gov or call 703.746.5999.



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