“Wisdom is oftentimes nearer when we stoop than when we soar.” ~ William Wordsworth

Caregiver Tip: Advance Directives

Advance directives are important tools for everyone. As a caregiver, it helps you to understand and follow your loved one’s wishes. Advanced directives may relieve caregivers and family members from the conflict and anxiety of making difficult decisions.

AARP describes advanced directives to consider for you and your loved one. Various forms of these documents exist so be sure to 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**: This document tells medical professionals and family members the 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:**

**Five Wishes**: This document allows you to name a health care agent and specify medical treatments. It is legal advanced directive in Virginia when completed and signed.

**Caregiver Class**: Learn how to build a team that will support you and your loved one. Sponsored by Insight Memory Care Center, April 14, 2021.

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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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