



Caregiver Corner

City of Alexandria
Division of Aging and Adult Services

"In February there is everything to hope for and nothing to regret." ~ Patience Strong

Caregiver Tip: Identifying a Medical Emergency

Adults with dementia are often seen in the emergency room for falls, dehydration or infections. These tips can help you recognize if your loved one is experiencing a common emergency and how to reduce the occurrence.

- One reason falls occur is because the individual may not recall general hazards in the home such as cleaning supplies or loose rugs. The [Home Safety Checklist](#) can help reduce injury.
- Dehydration can cause symptoms such as dizziness and weakness which can also lead to falls. Even mild dehydration can cause worsening in confusion or thinking skills. Read [How to Prevent, Detect, & Treat Dehydration in Aging Adults](#).
- Symptoms of a Urinary Tract Infection in older adults with dementia symptoms may be increased confusion, agitation or withdrawal. Read [The Connection Between UTIs and Dementia](#) to learn how to prevent this infection.
- Strokes can cause many health issues such as paralysis or swallowing problems. Call 911 immediately if you see sudden numbness on one side, trouble speaking, walking or loss of vision. To lower risk of this medical emergency read [Stroke](#).

**Caregiver Support
Group**
Wednesday,
February 5, 2020
4-5:30 p.m. at the
Alexandria Adult Day

It can be difficult for a person with memory loss to say when he or she is in pain. The Alzheimer Society recommends that you look for non-verbal signs such as sadness, rapid blinking, fidgeting or refusing food. To learn more non-verbal signs of pain and strategies for avoiding common causes of pain, read [How does pain affect people with dementia?](#)

Resources:

[Tax Preparation](#): Assistance filing your 2019 taxes is available at no cost to eligible residents. Tax preparation assistance is available February 1-April 11 at 2525 Mount Vernon Avenue, Alexandria.

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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