



Caregiver Corner

City of Alexandria
Division of Aging and Adult Services

"Each day is an opportunity for a new beginning!" ~ Joyce Aleshire

Caregiver Tip: Adjusting to Continuous Change

Caregivers are always managing priorities and working to establish the best routine for their family. Just as you get settled into a new routine, something else happens and another change is needed. Dealing with continuous change can be difficult and can bring feelings of frustration. Thinking about change as a new beginning can help caregivers accept change and lessen frustration and anxiety. Here are some suggestions to get started:

- Mindfulness helps you see things positively by focusing on the present moment and accepting what is.
- Don't be afraid to welcome change, as it can help you achieve better outcomes for you and your loved one.
- Remember you learn something with each new beginning.

For more information on how to view change as an opportunity, read [The Only Constant Is Change](#) and [The New Normal versus a New Beginning](#).

Resources:

[Medicare General Enrollment](#): Medicare Part B General Enrollment begins January 1, 2019-March 31, 2019. You can sign up for Part A and B if you missed your initial enrollment period. For more information call VICAP at 703.746.5999.

[Healthy Food Lecture](#): A nutritionist will share food trends and what to eat on Tuesday, January 22, 2019, 2 p.m.-3:30 p.m. at Beatley library. RSVP by calling 703.836.4414 extension 110.

**Caregiver Support
Group**
Wednesday,
January 2, 2019
4-5:30 p.m. at the
Alexandria Adult Day

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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