



Caregiver Corner

City of Alexandria
Division of Aging and Adult Services

*"For last year's words belong to last year's language,
and next year's words await another voice." ~ T.S. Eliot*

Caregiver Tip: Setting New Year's Goals and Resolutions

For many people the new year brings a time to evaluate short and long term goals. This may be difficult for caregivers as the needs of their loved one can quickly change. This caregiver tip encourages you to establish goals for yourself and commit to accomplishing them. All year long you dedicate yourself to your loved one. It is equally important that you take time and care for yourself. Below are some ideas to help you get started in setting new years resolutions.

- Give yourself permission to change goals or resolutions.
- Don't be hard on yourself. Know you are doing your the best.
- Ask people for help and find time for yourself.
- Don't add additional responsibilities when your plate is full.
- You deserve time with friends. So make a date and enjoy!
- Schedule your own health care appointments and yearly screenings.

**Caregiver Support
Group**
Wednesday,
January 8, 2020
4-5:30 p.m. at the
Alexandria Adult Day

For more ideas on setting goals and resolutions read, [13 New Year's Resolutions For Caregivers](#).

Resources:

[Caregiver Support](#): Senior Services of Alexandria host a presentation on caregiver resources. Saturday, January 11, 2020, 10am, 3606 Seminary Road. RSVP at seniorservicesalex.org or by calling 703.836.4414 extension 110.

[Medicare Advantage Open Enrollment](#): From January 1- March 31, 2020 you can switch Medicare Advantage plans, dis-enroll from Medicare Advantage plan, or return to Original Medicare (Part A and B). You may also pick up a part D plan when dropping a Medicare Advantage with drugs. For assistance call VICAP at 703.746.5999.

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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