



Caregiver Corner

City of Alexandria
Division of Aging and Adult Services

"A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles." Christopher Reeve

Caregiver Tip: What Level of Care Does My Loved One Need?

Supportive services to help older adults vary from reminder telephone calls to receiving 24-hour supervision. Below are services to help you consider the best level of support for your loved one.

- **[In-Home Assistance](#)**—Aides provide support for persons who need limited help at home. Services may include personal care, meal preparation, light housekeeping, laundry services, and transportation. [Find a registry of Home Care providers in Northern Virginia.](#)
- **[Assisted Living Facility \(ALF\)](#)**— Provides housing and supportive services for older adults who can no longer live alone. Services include meals, medication management, and social activities. Additional services such as personal care can also be arranged. [Search and compare ALFs.](#)
- **[Nursing Facility](#)**— Provides housing and medical care for persons who can no longer care for themselves at home and require 24-hour supervision. Services include housing, meals, social activities, nursing and personal care. Search and compare nursing facilities at [Nursing Home Compare.](#)

For more information on resources to determine our loved one's levels of care, contact the Division of Aging and Adult Services at 703.746.5999 or view our website at www.alexandriava.gov/Aging.

Resources:

[Online Education Program](#): The Alzheimer's Association offers free webinars on dementia and Alzheimer's that you can review at your convenience.

In observance of the
July 4 holiday
Caregiver Support Group
will be Wednesday,
July 11, 2018
4-5:30 p.m. at the
Alexandria Adult Day
Services Center

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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