



Caregiver Corner

City of Alexandria
Division of Aging and Adult Services

"Though those with Alzheimer's might forget us, we as a society must remember them."

Scott Kirschenbaum

Caregiver Tip: Advocating For Your Loved One

Among all the things you do as a caregiver, advocacy is one of the most important tasks. Your loved one may need you to be his or her voice for medical care, managing financial affairs, and obtaining social services. Below are resources to sharpen your advocacy skills.

- [How to advocate in a healthcare setting](#) - Tips include taking notes, asking questions, sharing concerns and communicating wishes.
- [Representative Payee](#) - Information on managing your loved ones' Social Security or Supplemental Security benefit.
- [Northern Virginia Aging Network \(NVAN\)](#) - Participants plan a yearly legislative platform that is presented to the Virginia General Assembly. They also discuss regional responses to critical issues that affect Northern Virginia's older adults.
- [Call Click Connect](#) - Residents can request services, report problems, and search for information in City of Alexandria.

Caregiver Support Group

Wednesday,

July 3, 2019

4-5:30 p.m. at the

**Alexandria Adult Day
Services Center**

Resources:

[Free Cooling and Fan Program:](#)

Older adults who live in City of Alexandria and need cooling in their homes may be eligible for a free fan or air conditioner at no cost. Applications are accepted until September 30, 2019. Call 703.746.5999 for more information.

[Taking Care of Yourself: Tips to Survive Caregiving:](#) Sponsored by Insight Memory Care Center, Friday, July 19, 2019 at St. Mary of Sorrows in Fairfax. For more information Call 703.350.2364.

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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