



Caregiver Corner

City of Alexandria
Division of Aging and Adult Services

*"Family, like branches in a tree, we all grow in different directions,
yet our roots remain as one." Caregiver Monday*

Caregiver Tip: Keeping Your Loved One Safe

Your home contains hazards that can increase your risk of accidents and injuries. Below are tips to reduce accidental injury in your home and keep your loved one safe.

- Avoid burns from scalding hot water by adjusting the water temperature to below 120 degrees Fahrenheit.
- Wear snug clothing when cooking.
- Wear non-slip sole shoes around the home.
- Place grills 10 feet or more from the home.
- Install grab bars in the shower to avoid falls.
- Risk of falls increase after changing medication. Take extra care and vigilance in the days following a medication change.

For more ideas on how to keep your loved one safe in the home, read [30 Safety Tips for 30 Days from AARP](#).

Resources:

[The Virginia Family Caregiver Solutions Center](#): This on-line resource provides self-care tools for caregivers and various tips that support the caregiving process.

[Getting Ready for Summer](#): Learn how to make light summer meals and get information on exercise programs for older adults. Wednesday, June 20, 2018, 9:30 a.m., at Westminster Presbyterian Church, Alexandria. RSVP on-line at seniorservicesalex.org or call 703.836.4414 extension 110.

Caregiver Support Group
Wednesday,
June 6, 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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