



# Caregiver Corner

City of Alexandria  
Division of Aging and Adult Services

*"Alzheimer's caregivers ride the worlds biggest, fastest, scariest, emotional roller coaster every day. ~ Bob DeMarco*

## Caregiver Tip: Dealing with Grief and Loss on a constant basis

It is common for caregivers to experience feelings of constant loss as their loved ones mental and physical abilities declines. Feelings can vary from shock to sadness to frustration. It's important to understand these feelings and learn how to manage these changes. Below are tips to help you deal with losses and keep your sanity.

- **Any loss** can cause grief. Be patient and understand that acceptance takes time.
- The grief process is individual and there is no wrong or right way to do it.
- Although losses varies in each person, caregivers report common emotions such as guilt and fear, and physical symptoms such as, weight change or insomnia.
- Don't isolate yourself. Sometimes being around people who care can bring comfort.

For more information on how to manage grief and loss, read [Coping with Grief and Loss by helpguide.org](http://Coping with Grief and Loss by helpguide.org).

## Resources:

[Family Caregiving Conversation](#): Thursday, October 25 from 6-8 p.m., AARP will host a free CAREversation event for Family Caregivers. Connect and exchange tips with fellow caregivers at 1301 S. Joyce Street, Arlington, VA 22202. Online registration is required.

[Medicare Part D Open Enrollment](#): Learn about changes to your Medicare Part D Prescription Plan on Tuesday, October 30 from 2-4pm at Burke library. RSVP by calling 703.746.5999 or online at [VICAP@alexandriava.gov](mailto:VICAP@alexandriava.gov).

Caregiver Support  
Group

Wednesday,

October 3, 2018

4-5:30 p.m. at the

Alexandria Adult Day

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For questions, comments or to remove your name from our mailing list, please email [DAAS@alexandriava.gov](mailto:DAAS@alexandriava.gov) or call 703.746.5999.



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