



# Caregiver Corner

City of Alexandria  
Division of Aging and Adult Services

*“Letting go of guilt doesn’t mean you’re uncaring or unkind, it just means that you are allowing yourself some freedom — AgingCare.com*

## Caregiver Tip: Managing Guilt

Guilt is a constant companion for some caregivers caring for an older adult. As a caregiver you are pulled in a million directions and it’s never easy making a choice between yourself, another loved one, or the person you are caring for. As with any emotion, guilty thoughts may be unproductive and draining.

Here are tips on managing guilt, so that you can continue to deliver the care your loved one needs.

- Identify your feelings: Recognizing and talking about your feelings can be therapeutic. As the saying goes, it helps to get it out. Then you can work on a plan to manage guilty feelings.
- Breathe and be a friend to yourself: Remember you are human and have emotions that come and go.
- Understand what is causing your guilt: Are your actions and values the same? Do you have needs that are not met? Be honest with yourself as you discover the true cause of your guilt.
- Get into action: Don’t stay in that guilty feeling. Come to terms and meet your needs. You must take care of yourself in order to be the best you can be for your loved one.

For more information on managing guilt, read [Eight Tips to Managing Caregiver Guilt](#).

## Resources:

[Effective Communication Strategies Virtual Program](#): Join this webinar to learn how to decode verbal and behavioral messages from people with dementia. Hosted by Alzheimer’s Association, October 2, 1:30 p.m.

**Medicare Open Enrollment** begins October 15-December 7. Check to see if your plan is still the best plan for you with a benefits check up from Alexandria VICAP Office. Call 703-746-5999 for information.

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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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