



# Caregiver Corner

City of Alexandria  
Division of Aging and Adult Services

*"Find others going through the same thing and support each other." ~ Christine Sotmary*

## Caregiver Tip: Dealing with Anger and Frustration

It is normal for caregivers to have feelings of anger and frustration when overwhelmed or encountering resistant behavior from loved ones. Below are tips for responding to frustrating feelings and keeping them in control.

- Determine what you can control. Often times we get upset about things we can't change. Focus your energy on what is changeable.
- Learn how to respond with control by understanding the warning signs of frustration. Stomach cramps or headaches can signal frustration, you can adjust your mood before things become worse.
- Practice a variety of relaxation techniques to calm your body. Practicing relaxation techniques before responding to a frustrating situation may help you manage the situation in a more calm manner.

For more ideas on how to manage frustration, read [Dementia, Caregiving, and Controlling Frustration by the Family Caregiver Alliance](#).

## Resources:

[Electric Bill Assistance](#): EnergyShare is a program from Dominion Energy that can assist eligible households with their cooling bills. The program runs until September 30. Call the Office of Community Services for more information at 703-746-5700.

[Emergency Planning](#): September is National Preparedness Month. [www.ready.gov](http://www.ready.gov) helps you plan ahead on a variety of emergencies.

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For questions, comments or to remove your name from our mailing list, please email  
DAAS@alexandriava.gov or call 703.746.5999.

**Caregiver Support Group**  
**Wednesday,**  
**September 4, 2018**  
**4-5:30 p.m. at the**  
**Alexandria Adult Day**  
**Services Center**



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