



# Caregiver Corner

City of Alexandria  
Division of Aging and Adult Services

*“Caregiving often calls us to lean into love we didn’t know possible.” ~ Tia Walker, Author*

## Caregiver Tip: Family Disagreements and Caregiving

Caregiving affects the whole family and sometimes there are disagreements about sharing care as one person may be doing more than others. Family members may also have different views on the care that’s needed for their loved one. These disagreements cause tension, bad feelings, and increase the stresses of caregiving. This issue offers tips on managing family struggles and setting boundaries.

- Be clear in your concerns to other caregivers who offer minimal support. Brainstorm ways they can help.
- Seek expert support when handling conflicts. A medical assessment regarding your loved one’s level of care may be helpful.
- Find the balance between caregiving and raising a family. Understand your limits and know that as your loved one’s needs change, yours will too.

**Caregiver Support Group**  
**Wednesday,**  
**September 4, 2019**  
**4-5:30 p.m. at the**  
**Alexandria Adult Day**  
**Services Center**

For more information on family disagreements and caregiving, read [10 Reasons Family Fight about Senior Care by A Place For Mom](#).

## Resources:

### [New to Medicare Presentation:](#)

Learn the basics of Medicare coverage and choices Saturday, September 7, 10:30 a.m., 5005 Duke Street, Alexandria. To RSVP call 703.746.5999 or email [VICAP@alexandriava.gov](mailto:VICAP@alexandriava.gov).

### [Rental Accessibility Modification Program \(RAMP\):](#)

Alexandria City offers accessibility modifications to homes for eligible seniors and adults with mobility disabilities. For more information Call 703.746.4990.

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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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