



Caregiver Corner

City of Alexandria
Division of Aging and Adult Services

“Caregiving requires the intention of love, caretaking requires the intention of fear. Not acting in anger when you are angry requires the intention of love.” — Gary Zukav

Caregiver Tip: Managing Anger and Frustration

Caring for your loved one with dementia can be a humbling experience. Answering the same questions, dealing with difficult behaviors, and watching your loved one decline can bring a variety of emotions including frustration and anger.

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

- Lower your frustration: Identify potential stressors to avoid and uncover solutions to use in the moment.
- Take a break: Breaks and meditation allow us to regroup and be more open to problem solving.
- Seek help: If you're having a hard time diffusing a situation, seek help. Professional counseling or caregiver groups can lend support.
- Forgive yourself: During this process be sure to forgive yourself for becoming upset.

For more information on managing anger and frustration read, [Coping With Caregiver Anger by Aging Care](#).

Resources:

[Senior Scams Virtual Program](#): Join this webinar to learn about the most recent scams targeting older adults. Hosted by Senior Services of Alexandria, Tuesday, September 1, 11 a.m.

[Senior Law Day Virtual Programs](#): Join these webinars to learn about housing options as we age, September 11, 18 and 25 from 2-3 p.m.

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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