



Caregiver Corner

City of Alexandria
Division of Aging and Adult Services

"Those who bring sunshine into the lives of others, cannot keep it from themselves." –Sir James M. Barrie

Caregiver Tip:

Are you thinking of traveling with your loved ones this summer? Caregivers can make travel easier for their loved ones and themselves by using these tips .

- If traveling by bus, train or airplane, plan ahead for security regulations. Keep medications in their original bottles and place bottles in a separate clear bag for easy inspection. Obtain any needed documentation from the physician.
- If the TSA requests a more detailed search, ask for a private space so you will be able to stay with your loved one.
- Make sure your loved one is comfortable during the journey. Provide plenty of water and bring a variety of layers based on the climate of your destination. When you arrive, plan some down time to rest or recover from the journey.
- Make sure your temporary quarters meets your needs. Ask your host or the hotel staff about accessibility features such as stairs, railings, and whether the bathroom is handicapped accessible. Also inform them of special needs, such as a wheelchair or oxygen.

Caregiver Support Group

Wednesday, July 3, 2013

4 - 5:30 p.m.

Alexandria Adult Day

Services Center

703.746.5676

Resources:

Watching The Lights Go Out- David Hilfiker: A Memoir from Inside Alzheimer's Disease

A little less than a year ago, David Hilfiker was diagnosed with a "progressive cognitive impairment," almost certainly Alzheimer's Disease; He writes a blog reflecting on his daily life living with this illness. To follow his blog go to <http://davidhilfiker.blogspot.com>. Additional information can also be found on his website at www.davidhilfiker.com.

Family Caregiver Information

The Family Caregiver web site provides information, educational materials and support to family caregivers.

www.thefamilycaregiver.org

To remove your name from our mailing list, please email Jennifer.Sarisky@alexandriava.gov

Questions or comments? Email Jennifer.Sarisky@alexandriava.gov or call 703.746.5999, Option 1



A publication of the
City of Alexandria
Department of Community and Human Services
Division of Aging and Adult Services

July 2013