



Caregiver Corner

City of Alexandria
Division of Aging and Adult Services

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around." -Dr. Leo Buscaglia

Caregiver Tip:

When caring for an elderly person, especially someone with dementia, it is important to plan for financial, legal, and health care decisions. Powers of Attorney, Trusts, and Wills are some of the tools available to create a plan. These documents should be completed while the person with dementia is still able to understand the information and participate in the decision. Caregivers and elders should consult an attorney to decide which option best meets their needs.

- A durable power of attorney for finances or health gives the authority to make financial and health care decisions on a person's behalf.
- A living trust names someone to decide how a person's money and property should be used while they are still alive.
- A living will expresses a person's end-of-life wishes.
- A Virginia Do-Not-Resuscitate (DNR) form tells the paramedics and other healthcare staff not to start CPR if a person is not breathing or their heart stops beating.
- A will lets family and friends know how the deceased person's money and property are to be distributed.

Caregiver Support Group
Wednesday, September 4, 2013
4 - 5:30 p.m.
Alexandria Adult Day
Services Center
703.746.5676

Resources:

Last Chance for 2013 Fan Care Program

The City of Alexandria's Division of Aging and Adult Services fan program provides a free fan or air conditioning unit to qualified applicants until September 30, 2013. To qualify, applicants must be 60 or older and the household's income must be at or below 150% of the federal poverty level. Eligibility for a single person is income of \$1437.00 or less monthly and \$1939.00 or less monthly for a couple. To determine eligibility for larger families or to apply contact Bonita Copeland at 703.746.5688.

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

Questions or comments? Email Jennifer.Sarisky@alexandriava.gov or call 703.746.6024.



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