Caregiver Tip: Advocacy

Caregivers who are effective advocates can more quickly and easily negotiate our complex medical system. Here are some tips for effective advocacy:

**Advocacy At the Doctor’s Office**
- Get to know receptionists, office staff and nurses.
- Prepare for appointments by making a list of things to be discussed.
- Make the appointment for a time when your loved one is at their best and remind him or her of appointment times.
- Allow plenty of time for the appointment and bring a magazine, IPod, or something to keep your family member busy while waiting.
- Make sure you are clear about all directions or other information and don’t hesitate to ask questions or for additional information.

**Resources: Holiday Cheer**

The holiday season offers numerous events for you and your loved ones to enjoy.

**Alexandria Christmas Market – December 5-24, 2014, John Carlyle Square**
Vendors from all over come together for this event that gives the feeling of a unique European Christmas celebration. Food, beverages and merchandise will be available.

**Celebrate the Holidays with a Song in your Heart – Dec. 11, 1:30-3 p.m., Charles Beatley Library**
The event sponsored by the Prevention of Blindness Society of Metropolitan Washington features Gloria Sussman, a life-long musician and local vision support group leader, for holiday songs and cheer.

“The capacity to care is the thing that gives life its deepest significance and meaning.”
Pablo Casals, Cellist