



# Caregiver Corner

City of Alexandria  
Division of Aging and Adult Services

*"Cheers to a new year and another chance for us to get it right"*  
– Oprah Winfrey–

## Caregiver Tip: New Years Resolutions for Caregivers

New Year's resolutions can be traced back to ancient times. Babylonians, Romans and Medieval Europeans made religious vows at the beginning of the year. Today it is a time to consider the things we want to accomplish, and resolve to make a new start.

Here are some caregiver resolutions worth considering:

- **Make realistic resolutions.**
- **Take care of your physical, spiritual and emotional health.**
- **See your care partner as a vital person**
- **Accepting help is not a failure**
- **Fall proof your home**

## Resources:

### Website Links to Caregiver New Years Resolutions

<https://www.conciergecareadvisors.com/blog/caregivers-new-years-mistakes/http://mariashriver.com/blog/2012/01/alzheimers-caregiver-new-years-resolutions/>  
<http://www.eldercarelink.com/Other-Resources/Caregiving-Support/five-new-years-resolutions-for-caregivers.htm>

**Caregiver Resources Event:** Senior Services of Alexandria and AARP will present information on caregiver resources and support. The event is January December 9, 2015 from 10 p.m.- Noon at Immanuel Church on the Hill, 3606 Seminary Road, Alexandria. Contact Senior Services at <http://seniorservicesalex.org/> for more information.

**Caregiver Support Group**  
**Wednesday, January 6, 2016**  
**4—5:30 p.m.**  
**Alexandria Adult Day Services Center**

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