

CAREGIVER WEEK: JUNE 14TH - JUNE 18TH

M O N
6 / 1 4
1 : 3 0 P M

Arlington County Resource: VICAP

Program which provides one on one insurance counseling for Medicare beneficiaries, their families, friends and caregivers

T U E S
6 / 1 5
1 P M

See Me

The See Me at the Smithsonian program provides individuals with mild to moderate dementia and their care partners with a free opportunity to discuss and engage with collections during a virtual experience.

W E D
6 / 1 6
1 0 A M

Caregiver Stress: Turning a negative into a positive

Dr. Joan brings her expertise working with astronauts regarding stress, gravity and movement to help caregivers remember to take care of themselves and to keep the guilt away.

"It is a job, you cannot always save or cure them, but you must help them."

Joan will discuss how to manage stress for the caregiver, and methods for caregivers to help their patients improve their movement and regain mobility. "The caregiver's job is to provide care as best they can to help their patients/family member retain their mobility and movement, and to give them a decent life."

T H U R S
6 / 1 7
2 P M

Dementia Friends Program/Nutrition Counseling

The Aging and Disability Services Division emphasizes aging in place through care coordination, home care, nutrition counseling and supportive services to ensure Arlington residents can live at home and in their community.

A Dementia Friend is someone who, through viewing a series of online videos, learns about what it's like to live with dementia and then turns that understanding into action.

F R I
6 / 1 8
1 0 A M

Caregiver Safety

Tips for keeping caregivers safe and free from injury, as well as tips for providing a safe environment for their family members