
THE CAREGIVER SPACE

A HELPFUL NEWSLETTER FOR THE FAMILY CAREGIVER



WELCOME

Happy Spring! I know due to the COVID-19 virus, a lot of you are probably worried about how to keep your loved ones safe. This issue will include helpful tips on how to prepare, take care of yourself, and take care of your loved ones during this time.

TIPS TO STAY HEALTHY

- Social Distancing
- Wash your hands
- Avoid Touching your Face
- Stay Active
- Get some fresh air
- Stay informed

RESOURCES FOR YOU AS A CAREGIVER

BY AMBER CHAPMAN, FAMILY CAREGIVER AND HEALTH PROMOTIONS SPECIALIST

Please know that the Area Agency on Aging is here for you and we are working on ways to help you through this trying time. The Family Caregiver Support Program is still available for assistance and referrals. The Family Caregiver Support Program can provide supplemental services such as liquid nutrition, incontinence supplies, etc. If you are caring for someone and have needs that you cannot meet at the moment, please reach out to us.

You can do this via our website:

www.highcountryaging.org

or you can contact by phone:

Amber Chapman
Family Caregiver and Health Promotion Specialist
828-278-7406

or email:
achapman@hccog.org

Please remember to take care of yourself and don't hesitate to reach out if you need anything. We will get through this!

HELPFUL RESOURCES

- Information and Resources
 - www.highcountryaging.org
 - <https://www.ncdhhs.gov/divisions/daas>
 - <https://www.nc211.org/>



This newsletter is curated by the High Country Family Caregiver Support Program to help you along your caregiving journey. Reach out to us with any questions/suggestions or tips.

