
THE CAREGIVER SPACE

A HELPFUL NEWSLETTER FOR THE FAMILY CAREGIVER



WELCOME

Happy July! Can you believe its July already?! I hope everyone is well and healthy. As we work on getting North Carolina to open back up. We must remember to continue to social distance, wash our hands and wear masks when out in public. Most importantly, we need to remember to take care of ourselves!

TIPS TO STAY HEALTHY

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

WORRIED ABOUT YOUR LOVED ONE FALLING?

BY AMBER CHAPMAN, FAMILY CAREGIVER AND HEALTH PROMOTIONS SPECIALIST

Worrying about your loved one falling is one of the most common causes of stress for caregivers and rightly so. Falls are not an inevitable part of aging, and there are ways to prevent them. Especially when you are staying home during this time.

Take this time to make your home safer and prevent falls. There is information on our website to help you.

<https://www.highcountryaging.org/resources/fall-prevention>

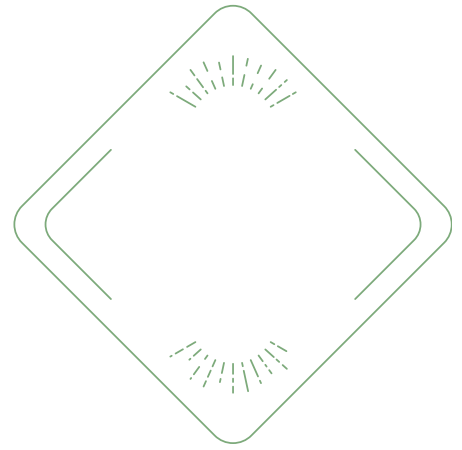
We encourage you and your loved one to look at this page and decide what program/plan would be best for you. When things return to normal, we plan on continuing these classes in our counties.

If you would like to be put on the list, please reach out to me and we can discuss the programs and put you on our list!

Also, check out NCOA's (National Council on Aging) website for more tips and tricks to prevent falls.

<https://www.ncoa.org/healthy-aging/falls-prevention/preventing-falls-tips-for-older-adults-and-caregivers/6-steps-to-protect-your-older-loved-one-from-a-fall/>

If you need anything at all feel free to contact:
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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.

