
THE CAREGIVER SPACE

A HELPFUL NEWSLETTER FOR THE FAMILY CAREGIVER



WELCOME

Happy September! Can you believe it is September already?! I know I am ready for changing leaves, soups, and cool weather! This month we will be focusing on Fall Prevention because the week of September 21st-25th! So this issue will include tips on how to prevent falls and resources for you and your loved ones!

TIPS TO STAY HEALTHY

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

FALL PREVENTION AWARENESS WEEK

BY AMBER CHAPMAN, FAMILY CAREGIVER AND HEALTH PROMOTIONS SPECIALIST

The National Council on Aging leads a Falls Free Initiative every year to bring awareness to falls and educate communities on how to prevent falls. The goal of the week is educate older adults on how to stay healthy and prevent falls. Fall Prevention Awareness Day is observed on the first day of Fall, September 22nd. On this day, we encourage our communities to engage in an activity that can help them prevent falls and learn that Falls are NOT a normal part of aging and they can be prevented. I have listed some resources below where you can read about Fall Prevention Awareness Day and also learn more on how to prevent falls!

National Council on Aging:

<https://www.ncoa.org/healthy-aging/falls-prevention/falls-prevention-awareness-week/>

Healthy Aging NC List of Fall Prevention Awareness Activities

<https://healthyagingnc.com/falls-prevention-awareness-week-activities/>

High Country Area Agency on Aging Resources:

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

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