



Preparing to Go Out in the Community

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This webinar will focus on the various feelings our loved ones may have with preparing to go back into the community again. You will learn indicators that could determine if they are Not Ready, Maybe Ready and Ready. We will also provide tips on how to safely prepare your loved one to go out into the community again.

KEY TAKEAWAYS

- Talking to your loved one and reassuring them about going out may ease their mind
- Family or friends visiting you first may be a good start
- Have the first outing be outdoors where social distancing is easier
- Involving your loved one in planning the first trip out may ease anxiety
- Talking about safety measures will help prepare for enacting those measures



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