

Tips of the Week

1

Anytime we face uncertainty and change, it is helpful to be proactive and have a plan.

2

You can never have too much information available to those supporting a child.

3

To be most successful, you must first take care of yourself, then take care of others.

4

It's ok to seek help if you're feeling overwhelmed

5

A combination of physical activity and calm time can help relieve stress and anxiety in your new routine.

6

When starting a difficult task, finding someone to support to do the task with you can help you be more successful.

7

When supporting someone, pay attention to that person's behavioral changes as they may indicate they are not feeling well.

8

Teach those you support, in concrete ways, to protect themselves.

9

Telehealth helps provide access to medical care without transmitting COVID-19.

10

Telehealth is also cost effective while offering a greater ability to meet consumer demand.

