

Tips of the Week

1

Take it one step at a time, remembering comfort levels and county restrictions.

2

Keep in mind, places that were familiar may feel strange to your loved one.

3

Break new skills into smaller steps to teach.

4

Use visuals and lists when teaching new skills.

5

The Red, Yellow and Green phases are put in place to help keep our communities safe from COVID-19.

6

A county can go back to the Red or Yellow phase, so it is important to stay up to date on your county's status.