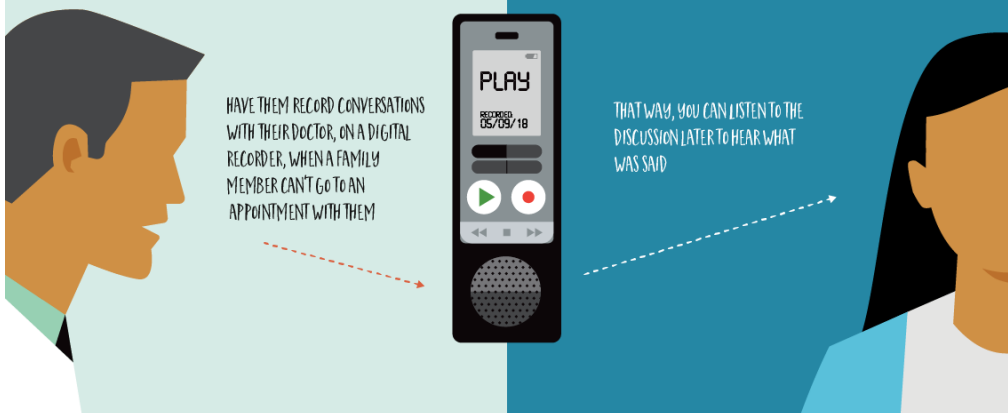


Daily Tasks Tip Sheet

CAREGIVING TIPS & HACKS

Record Conversations with Their Doctor



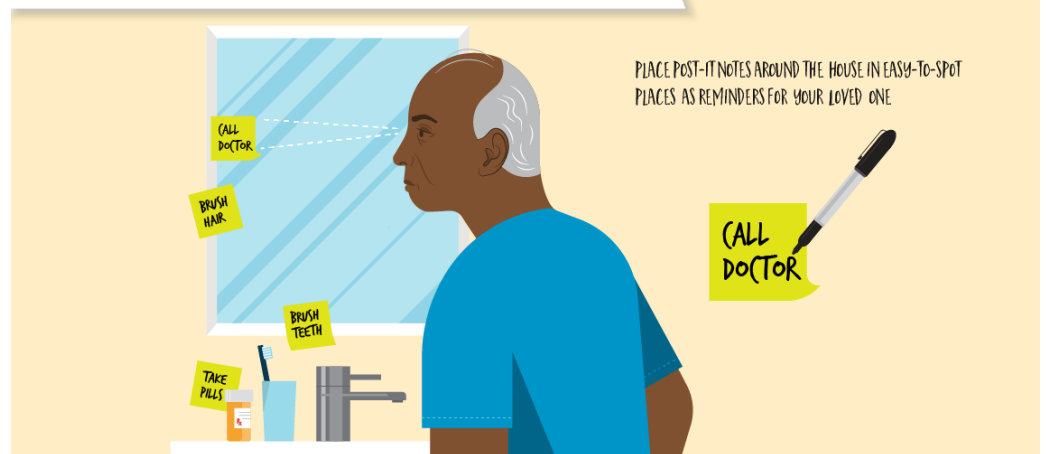
If you or a family member can't be present at your loved one's doctor appointment have them record it, with the doctor's permission. Give them a digital recorder or smart phone so you can listen to the conversation when its convenient for you.

CAREGIVING TIPS & HACKS

Make Everyday Reminders

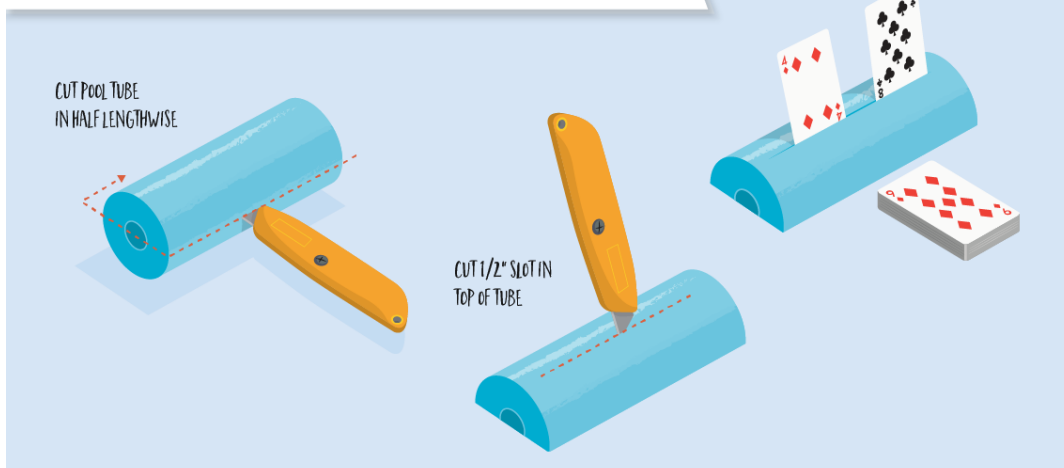


Place sticky notes with instructions and reminders in well-trafficked areas around the home that your loved one can reference throughout the day.



CAREGIVING TIPS & HACKS

Card Holder



For those that have difficulty holding cards a simple pool noodle can be the fix. Cut the noodle in half and then add a slot in the top to hold the cards.

CAREGIVING TIPS & HACKS

Streamline Grocery Shopping



YOU CAN STAY FOR A VISIT KNOWING
YOUR FOOD WILL STAY FRESH

WHEN GROCERY SHOPPING FOR A LOVED ONE,
BRING A COOLER OR INSULATED BAG



When you're grocery shopping for a loved one, bring a cooler or insulated bag so you can purchase your own groceries and store them for hours, if necessary. You can even stay for a visit knowing your own food won't spoil!

Create a shopping cart style tiered cart with wheels to enable care-recipients to easily move their clothes from their room to the laundry room. This helps the caregiver with laundry, reduces back strain, and provides a sense of independence for the care-recipient.

CAREGIVING TIPS & HACKS

Basket on Wheels Reduces Back Strain



PLACE A LAUNDRY BASKET
ON A WHEELED CART

