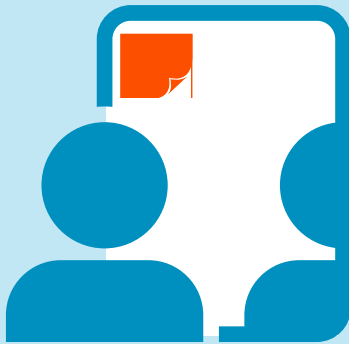


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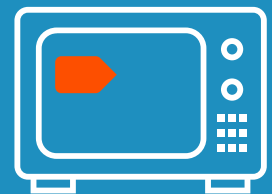
For Caregivers

Post-it notes, labels, and checklists are helpful reminder tools. Here are some ways they can be incorporated into daily living.

Use Post-it notes on a bathroom mirror as a helpful reminder of things that need to be done that morning.



Use signs as reminders of the steps involved in a task. E.g., stick a list of simplified steps to reheate a meal on a microwave. The steps may be easiest to follow in picture form.



Encourage checklists or to-do lists to help the person follow through with their routine. Tick off each task as they are completed.



Label drawers, cabinets, and containers to find belongings easier

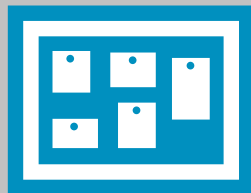


Set appliances to sound an alarm as reminders to turn them off.



Set up a board with important information such as the day, date, address, daily activities.

Write a list of where things are located in the home or workplace.



Stick Post-it notes to a desk or computer screen as reminders to double-check work.

This helps to get into the habit of checking work and to avoid careless mistakes.



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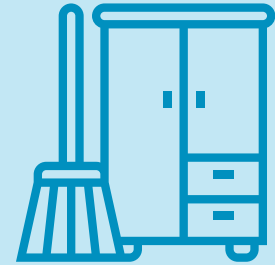
For Caregivers

Making changes in a room can have huge impacts on improving mood as well as making things easier to find. Here are some changes that can be made.

Tidy Up

Reduce clutter in the living space.

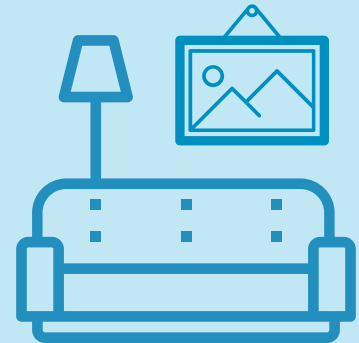
Keep drawers and cupboards tidy so that it is easier to look for things.



Improve Room Layout

Avoid dark or drab environments. Brighten a room with lights and plenty of pictures.

Remove distractions such as reducing noise, interruptions by other people, turning off the background television.



Ensure Routines

Make use of routine to avoid misplacing possessions. Return objects to a location where the person expects them to be, such as keys on a hook beside the door.

