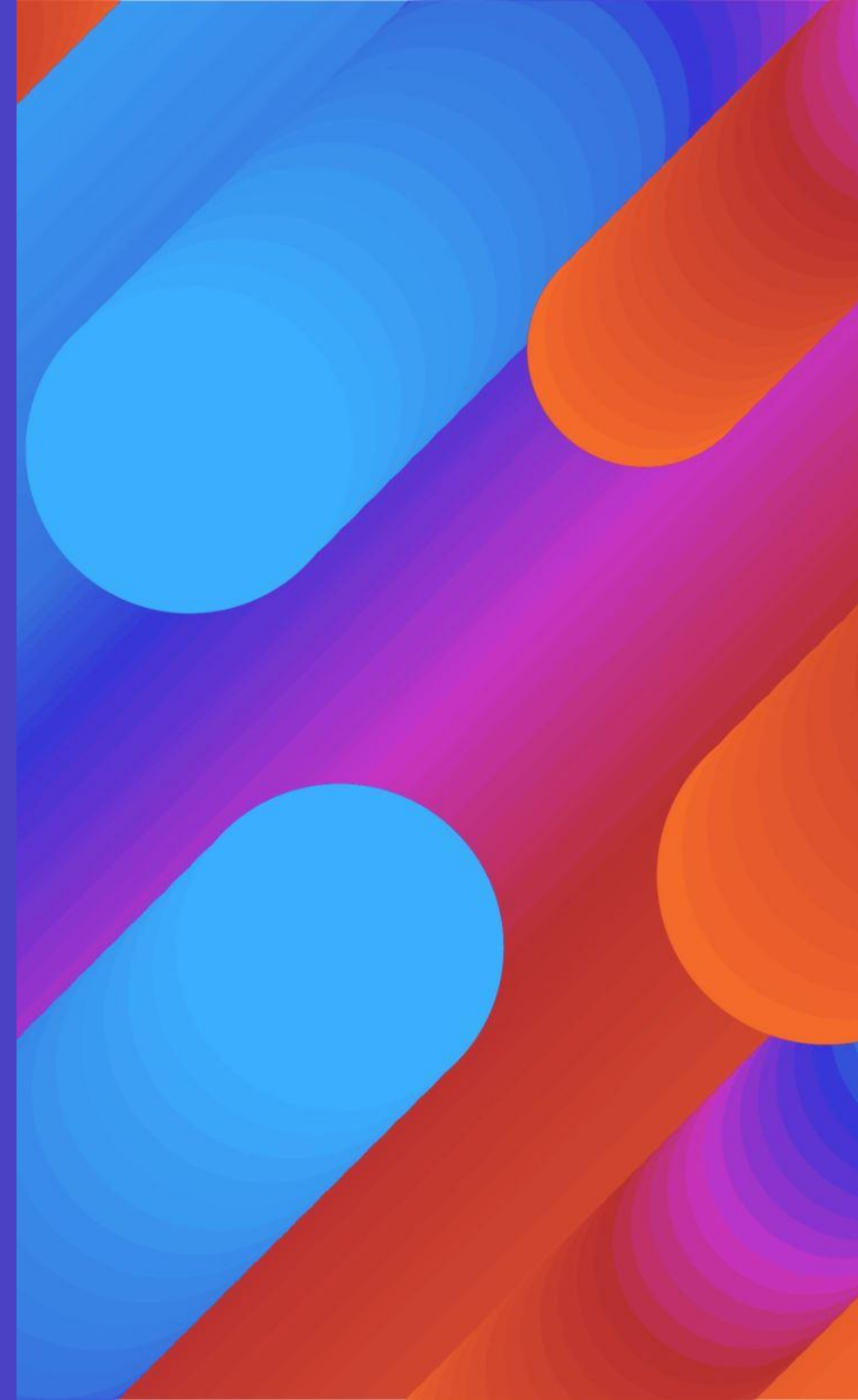


# Maximizing Independence

Tips and Strategies to Organize  
Your Space and Home



# Things to Do Right Away



Create a routine



Write appointments down in one place



Start a daily journal or memory book



Set reminders on your phone or clock for medications, appointments, meals etc.



Contact your local Elder Service Agency



Keep shades open and improve lighting in the home.



Get Orientation Device- a large screen with date, day, time, weather etc.

# Things to Do.... Continued



OBTAIN A SENIOR ALERT  
BRACELET WITH FALL  
DETECTION AND GPS



REMOVE OLD MEDICATIONS



REMOVE RUGS OR TAPE  
THEM DOWN

# Future Planning

1. Name a Healthcare Proxy (medical decisions)
2. Create a Power of Attorney (financial decisions)
3. Set up Autopay for bills
4. Consider have someone go through your mail with you to avoid scams or over donating.
5. Consider giving someone access to your email accounts to decrease risk of fraud.
6. Put a trusted person on your bank accounts now.

# Outdoor Modifications

Make sure  
Walkways are level

Railings placed on  
stairs

Motion sensed  
video cameras  
lighting

Mailbox is easily  
accessible

Install coded locks  
with key back up  
access

Contact local  
Fire/Police for  
emergencies

Landscaping/Snow  
Removal services  
are in place

# Kitchen Modifications

- Keep commonly used items in easy to reach places
- Install motion detector to stove such as Cook Stop or Fire Avert
- Use microwave for cooking- have list of cook times
- Use a timer (egg timer, microwave, stove, phone)
- Use electric kettle with auto shut off or Keurig for coffee or tea.
- Labeling cabinets
- Label leftovers with dates that item was cooked and needs to be thrown away



# Living Room Modifications



Use easy to use/large number remote controls.



Remove rugs especially those with busy patterns as depth perception and visual acuity changes.



Keep hard wood or vinyl flooring unwaxed to reduce falls



Keep pathways clear

# Bathroom

1. **Install grab bars.**
2. **Install a tub or shower seat and handheld shower.**
3. **Use commode or raised toilet seat.**
4. **Keep items in easy to reach places or out where you can see them.**
5. **Make a list with reminders, laminate and place it in shower.**
6. **Use mat only when coming out of shower then pick it up.**
7. **No other rugs should be placed on the floor.**
8. **Use nightlights. There are motion sensed nightlights available.**
8. **Set water heater temperature to 120 degrees to prevent burns.**

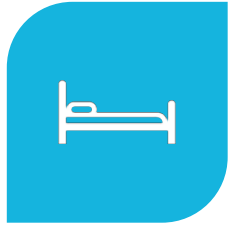




# Bedroom



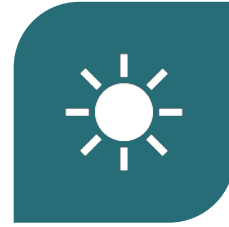
LABEL  
DRAWERS.



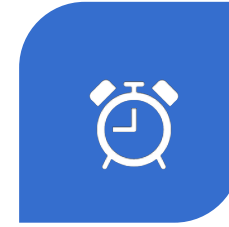
RAISE OR LOWER  
BED TO EASILY  
GET IN/OUT



USE A BED RAIL



USE MOTION  
SENSORED  
NIGHT LIGHTS



USE LARGE  
DISPLAY ALARM  
CLOCKS



HAVE LARGE  
NUMBER  
PHONE BESIDE  
BED



EASY TO ACCESS  
LIGHT BY BED.

# Managing Medications

- Pill boxes (with alarms, multiple compartments)
- Automatic Pill Dispensers
- Bubble packets from pharmacy
- Use family/services that call to remind you to take the medications.



# MEAL PREPARATION

- 1. Delivery services**
- 2. Pre-made meal service**
- 3. Meals on Wheels**
- 4. Frozen meals**
- 5. Cold meal prep**
- 6. Companion services**
- 7. Family/Friends**



# Resource List

\*This list is just examples of items we mentioned in this presentation and in no way an endorsement of products. We do not receive any compensation for any of the products on this list.

- [Bed Rail](#)
- [Coded Locks](#)
- [Remote Control](#)
- [List of Meal Delivery Options](#)
- [Alarm Pill Box](#)
- [Automatic Pill Dispenser](#)
- [Food Labels](#)
- [Cook Stop](#)
- [Microwave Fire Prevention Sensor](#)

# Resource List – Page 2

- [Day Clock](#)

# Alzheimer's Association Resources

24/7 Helpline- 800-272-3900

Care Consultations

Support Groups

Social Engagement

Educational Courses

[communityresourcefinder.org](https://www.alz.org/communityresourcefinder.org)