

15 Tips for Seniors

Everyday Operations Made Easier



- 1- Condense Pills- Take a multi vitamin and add needed additional pills rather than 1 pill for each vitamin needed. Use a pill organizer if helpful.
- 2- Develop a simple cook book for easy to make nutritional recipes (Usually 5 ingredients or less*).
- 3- Have a printed check list for home maintenance (include air filters, Rid-X treatments if on a septic, etc.).
- 4- Have a medical folder with your current doctor cards stapled to it and a medicine list inside. Include a list of allergies if applicable.
- 5- Remove non-skid rugs and any items (lamp cords, etc.) that could pose a fall risk.
- 6- Install grab bars where they may be needed.
- 7- Have a family or friend who calls frequently to check in.
- 8- Plan for when transportation could be difficult.
- 9- Move to a home without steps that is wheelchair accessible.
- 10- Have a home exercise program set up (have a therapist or personal trainer help you).
- 11- Have an exercise program that is for your mental health. Keeping your mind active may involve taking an art class, learning a language, testing yourself on new information, or exercising with friends.
- 12- Have a plan for bill paying and a will or trust in place.
- 13- Place your phone list of frequently used numbers near your phone.
- 14- Have a car maintenance check list that includes: every 5,000 miles oil change, check tires, etc.
- 15- Find things or people that make you laugh to help maintain a positive outlook on life.

*Brilliant Therapy cooking ideas available.