
5 Tips to Make Everyday Tasks Easier

- **Designate** a communications hub in your house where you have access to everyday items that you will be using.
- **Organize** your days. Keep a calendar with important dates and appointments. Keep a notebook handy to write notes and make to-do lists.
- **Paying Bills:** Write due dates on your calendar, or set up automated payments or work with a trusted family member or friend to manage your accounts.
- **Meals:** Make meals that require little preparation and that can be heated in the microwave. There are many grocery delivery services available for your shopping convenience. Also look for meal services like Meals on Wheels for free or low-cost meals that are delivered right to your door.
- **Medications:** Reminder aids like weekly pill boxes, pill boxes with alarm reminders and pill dispensers can be purchased at you local drugstore. You can also set alarms on you mobile phone or computer.
- **Transportation:** If you are getting lost or confused while driving you may need to seek other alternatives for getting around. Talk to your local senior referral service for transportation options in your area.

