
Helpful Hints to Manage at Home

- Move items you use most often to a counter top. This helps you avoid reaching for items in upper or lower cupboards.
- If you use a wheelchair in the kitchen, put a tray on your lap to carry items.
- If using a walker, attach a cloth bag on the front of the walker to carry light items. Do not carry heavy loads on your walker to prevent tipping.
- Use a thermos to carry hot drinks. Put the thermos in the bag on your walker and then move.
- Stock frozen prepared meals that can be heated easily. This will reduce the need to go shopping more often.
- Use a grocery delivery service to get food and supplies.
- Keep a stool or chair next to your counter or table. Sit to save energy while you prepare meals.
- Use Meals on Wheels if you cannot prepare your own meals. Accept offers of help from friends and family as well.

For questions contact:

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