

LIFE HACKS & TIPS for LIVING WITH CHRONIC ILLNESS

ORGANIZE YOUR LIFE

To avoid exhaustion with huge cleaning projects, do small clean ups daily. As you walk through a room, look around and straighten items that out of place. Use your walker to move them to their proper locations.



Keep wet wipes in your kitchen and bathrooms. They are great for quick cleanups. You can even use your shoe to wipe up a spot on the floor.



A long feather duster is great for keeping your furniture and decorations fresh. You don't have to bend down to reach low shelves.



Organizing your closet by color can make your daily selection of clothes easy. Separate tops, bottoms, and coats & jackets. Label shoe boxes.



Gather all your daily medicines and supplements into a box or basket instead of putting them in the bathroom cabinet or chest.



Sort your daily meds once a week. If they are all in one box, the process is very efficient. You are readily able to see which meds need refills.



Cubicle storage is an easy way to organize your possessions by category. There are many types of cubicle cabinets. Use your walker to carry a drawer where you need it.



Use a portable file box for bills & receipts. As you pay a bill, put it at the back of the labeled folder. At tax time, receipts are already in order.



If you have trouble writing, there are many adaptive pen holders. You can also use a thick rubber band to hold the pen to your hand.



A planner is invaluable when you have memory issues. It helps keep tasks and appointments. It can also be a medical history record.



Carry a pocket calendar for appointments, tasks, and errands when you are away from home. Be sure to record in your big planner.



We often need more than one pair of glasses. To avoid misplacing them, use a double eyeglass case.



A pocket flashlight is small and light weight. You will be amazed how many times you need it. Clip onto your pocket, belt, or handbag.



A lightweight nylon or canvas tote with pockets and zipper pouches keeps you organized on the go. It can also carry your water bottle, umbrella, and iPad or book.



If you have internet access, take advantage of online shopping. It saves money, time, and most importantly ENERGY! Many sites even have free shipping and returns.

