

# ADL/iADL Interventions

If You Want:	Consider These Activity Tips:
<b>Function in your home easily and safely</b>	<ul style="list-style-type: none"> <li>• Remove clutter, cords and throw rugs to avoid falls</li> <li>• Place furniture and appliances in traffic patterns that feel comfortable to you</li> <li>• Be sure the color of grab bars or other equipment contrasts with the wall.</li> <li>• Maintain good lighting in walkways, hallways, stairwells, etc.</li> <li>• Use labeled tray dividers to hold items like cosmetics and small tools.</li> <li>• Hang clothes by color in closets (put similar colors like black and navy, on opposite side and use different hampers for similar colors to keep them sorted.</li> <li>• Organize each room by keeping commonly used items in the same easy-to-access location</li> </ul>
<b>Manage your finances</b>	<ul style="list-style-type: none"> <li>• Organize bills and other important papers in different colored trays or folders with large labels.</li> <li>• Pay bills and track accounts online so you can enlarge the font.</li> <li>• Use adaptive equipment (e.g. large-print checks, signature guides, magnifiers, etc.)</li> </ul>
<b>Shop for groceries and other items</b>	<ul style="list-style-type: none"> <li>• Make a list of what you need according to where the items are found in the aisles.</li> <li>• Shop online or use stores that offer delivery services.</li> <li>• Advocate for yourself and ask for assistance at the courtesy desk if necessary.</li> </ul>
<b>Manage your medications</b>	<ul style="list-style-type: none"> <li>• Ask your physician to clearly describe and explain new medications, and ask your pharmacy for large-print labels.</li> <li>• Make each pill bottle in a distinctive way to make them easier to identify (e.g. attach Velcro, felt, rubber bands, a button, etc.)</li> <li>• Use large-print pill boxes or a talking medication reminder</li> </ul>
<b>Improve visibility</b>	<ul style="list-style-type: none"> <li>• Use contrast to distinguish items, such as dark bathmat with rubber backing on a light floor, a light cutting board on a dark countertop,</li> </ul>

	<p>colored tape on the edge of stair risers, and white sheets with a dark comforter and pillows.</p> <ul style="list-style-type: none"> <li>• Use night lights, a flashlight, or hall or room lighting if you get up in the night.</li> <li>• Avoid moving quickly from a dark room to a lighted area, and vice versa; allow your eyes time to adjust to changing light levels.</li> <li>• Use an e-reader so you can adjust the font size lighting level, and contrast.</li> <li>• Use overhead lighting to help eliminate shadows and keep rooms evenly lit.</li> <li>• Use shades on all light sources to reduce glare.</li> <li>• Sit with your back towards a window or lamp.</li> <li>• Use a gooseneck lamp for tabletop activities.</li> </ul>
<b>Prepare meals and snack independently</b>	<ul style="list-style-type: none"> <li>• Keep items in the refrigerator and cabinets in an order that seems natural for you (i.e., organized by type of food or item), and try to store them only one row deep.</li> <li>• Scan or copy recipes into high-contrast, large-print format. Organize these alphabetically by type so you can easily find them.</li> <li>• Use a wall-mounted pegboard to hang frequently used kitchen tools.</li> <li>• Use with items with good contrast such as a white mug for coffee or black measuring cups for flour and sugar; use under-counter lighting to highlight meal prep areas; use timers with oversized dials and buttons.</li> <li>• Make appliance dials with bump dots to make the settings easier to identify.</li> <li>• Use the microwave if you feel unsafe using the stove.</li> </ul>