

FALL PREVENTION AT HOME

TIP	EXPLANATION
Lighting	Make sure hallways, stairs, and bathrooms are well lit. Use night lights to prevent trips at night.
Clutter	Keep floors clear. Remove loose rugs and cords that can cause falls.
Grab Bars	Install grab bars in bathrooms and handrails on both sides of stairs.
Easy Reach	Store frequently used items in easy-to-reach places to avoid climbing or bending.
Shoes	Wear non-slip, supportive shoes inside the house instead of slippers or socks.

MEDICATION MANAGEMENT

TIP	EXPLANATION
Pill Boxes	Use daily or weekly pill organizers to prevent missed or double doses.
Reminders	Set phone alarms, watches, or calendars to remember medication times.
Safe Storage	Keep medicines in a cool, dry place, away from children or pets.
Refill Tracking	Maintain a checklist to know when to order refills before you run out.
Medication List	Keep a current list of all medications and dosages to share with doctors.

HEALTHY EATING FOR BRAIN & BODY

TIP	EXPLANATION
Balanced Meals	Eat a mix of fruits, vegetables, whole grains, lean protein, and healthy fats.
Hydration	Drink enough water daily. Herbal teas and soups can also help keep you hydrated.
Limit Processed Foods	Avoid too much sugar, salt, and packaged snacks to protect heart and brain health.
Simple Recipes	Prepare easy-to-follow meals with few steps. For example, grilled fish with vegetables.
Grocery Checklist	Write a list before shopping: fruits, vegetables, fish, nuts, olive oil, whole grains.

CAREGIVER SELF-CARE

TIP	EXPLANATION
Take Breaks	Schedule regular breaks and ask for help when needed.
Stay Healthy	Don't skip your own medical appointments. Get enough sleep and eat balanced meals.
Recognize Burnout	Watch for constant fatigue, irritability, or loss of interest. These are warning signs.
Seek Support	Join caregiver support groups or talk to a counselor when feeling overwhelmed.
Self-Compassion	Remember: taking care of yourself helps you give better care to your loved one.