

Would you like to learn about...

## MOBILITY

- Easier ways to get up from a bed, chair, tub or car?
- Being less short of breath while you move?
- Techniques that will have you sitting / walking straighter?
- Improving your balance, security and confidence?
- Knowing about safe driving? Therapy In Your Home offers FREE CONSULTS on safe driving and how to talk about it

## HOME SAFETY and ORGANIZATION

- Options for making your home safe, beautiful and more efficient?
- Identifying ways you can manage in emergencies despite your special needs?
- Tips for organizing "stuff" and reducing clutter?

## PERSONAL CARE: (DRESSING, HYGIENE)

- Ways to use the tub or shower safely, or alternatives?
- Ways to reach further without bending more, like for putting on socks or spreading lotion on your legs?
- Fasteners for clothes and jewelry; and finding simpler clothes?
- Tips to help you get to the toilet in time?

## EATING

- Getting food to your mouth without spilling (loading fork, reach, aim)?
- Ways to manage food that stays in your cheek.
- Reducing coughing or runny nose after eating or drinking?

## DEXTERITY and COORDINATION

- How to have fewer items drop from your hands by accident?
- Alternative storage ideas to eliminate reaching and bending?
- Improving your handwriting?

## PERCEPTUAL MOTOR SKILLS

- Ways to compensate for low vision, glare and other obstacles to seeing well?
- Improving your skills so you don't bump into things or miss the edge of a step?

## BRAIN FUNCTION and FITNESS

- Successful ways to follow your medication's dosage schedule?
- Tips so it is easier to make change, order from a menu and use a phone?
- Better ways to keep schedules, keep track of where you and your things are?
- Keeping your brain fit: flexible and reliable? HOPE and EMPOWERMENT SKILLS

- Regaining you interest in people and plans?
- Communicating with your friends and family about your wishes?
- Being actively involved in your own health care decisions now and in the future?
- Being more independent by asking for help?
- Improving your ease at asking for help and accepting help more easily as your needs change? FOR

CAREGIVERS: Would you like to learn about...

- How to make your home safer for someone who doesn't make safe decisions? (wanders, get up without telling you, trips easily...)
- Positive ways to motivate someone to bathe or get going without resisting?
- Why the person you help can't follow your directions?
- Ways to make care giving easier? (minimizing behaviors like not staying in one place, swearing, resisting care or not helping?)
- Helping someone become less resistance to change?
- Changing your despair regarding loss of function and the future into feelings of knowledge, control and understanding?
- Positive ways to discuss long term plans, options, change and challenges?
- Positive ways to bring up the subject of safe driving? Therapy In Your Home offers FREE CONSULTS on safe driving and how to talk about it

Complete this form and mail or fax it to Therapy in Your Home:

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