

<i>Client:</i>	<i>Date:</i>
<i>Clinician:</i>	

Making a few changes in your daily life can reduce stress on your problem joints. This helps protect the joints from further damage.

Your Surroundings

- Arrange cupboards, closets, desks, and drawers to reduce reaching and bending
- Arrange furniture to make it safer and easier to get around
- Secure or remove rugs, power cords, & other items that might make you slip or trip

Think Ahead

- Combine errands so that you make fewer trips up and down stairs
- Break up loads of packages so that you carry less weight with each trip
- If you need help with chores or errands, arrange for it in advance
- If you need to lift something heavy, ask for help
- Plan your moves ahead of time to use your good joints

Use what's Available

- To rest your hands, back, and neck
 - Make sure that knives are sharp
 - Use a “grasper” to reach and grab
 - Use soap-on-a-rope in the shower
- To rest your knees, hips, and lower back
 - Wear shoes that fit well and give your feet good support
 - Choose chairs with firm seats and armrests

Assistive Devices

- In the kitchen, use two-handled knives and saucepans
- For gardening, use a rolling bench to sit on or to hold your tools
- In the bathroom, try using grab bars, a raised toilet seat, or a shower seat
- A cane, brace, or walker may help you walk more easily. Make sure that it's properly fitted and that you're trained to use it

Adapted from *Clinical Pathways for the Multidisciplinary Home Care Team Volume 2*

IMPORTANT NOTICE

Contact the on-call nurse if you are experiencing any change in your current health condition.
For ALL emergencies requiring IMMEDIATE medical attention, call 911.