

# My new **Daily Routine**

| Task                        | Description  | Possible Solutions                  |                                      |                                  |
|-----------------------------|--|-------------------------------------|--------------------------------------|----------------------------------|
| <b>Getting out of bed</b>   | I am finding it hard to sit up and physically get out of bed                               | Transfer aids                       | Moveable Bed                         | Assistance from a carer          |
| <b>Bathing and Grooming</b> | I am struggling to shower because I am too tired to stand up for long periods of time.     | Shower Chair                        | Grab Bar                             | A handheld shower                |
| <b>Dressing</b>             | I am struggling to get dressed because my arms hurt. My fingers don't move so well either. | Clothing designed for easy dressing | Aids like button hooks, and reachers | Leaving more time to get dressed |
|                             |  |                                     |                                      |                                  |
|                             |  |                                     |                                      |                                  |

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