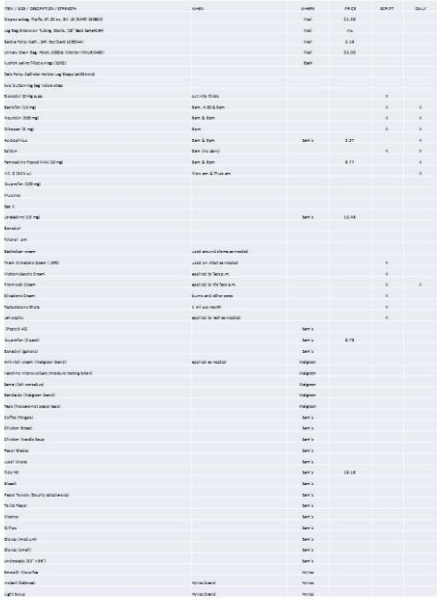
Organization Ideas

Make a Master Household List
I keep a master list of items that I need to run the house and I have the list broken down by where they are purchased, the size and price of the packaging. It helps when needing to purchase refills on the everyday items and those items that are rarely purchased.



i.e. - medications, lotions, shampoo, toothpaste, allergy medications, cleaning supplies, paper towels, laundry soap, light bulbs and standard groceries

Money-saving ideas
-Ask your doctor about each medication.
-Make sure you know what they are for and how long you need to take them
-Carry an update med list.
-Stay away from name brand, shop generic.
-2 for 1 "take as prescribed" (I may have to explain how this works.)
-Question your pharmacist about discounts.
-Check with bulk warehouse pharmacy.

Daily pill bottles
I have my pills in travel cases for daily use instead of using a weekly pill tray. It helps when you plan a day out of the house. I've seen others using Ziploc bags, but why? ($2-3 cost)

Rolling Carts
I didn't want my room to look like a hospital and with a couple of rolling carts we were able to keep my daily supplies and equipment in the closet and out-of-the-way until needed.

Pillow storage
I have an oversized couch and footrest in my bedroom and we are able to store all of my pillows in the footrest. In addition, I have a trunk at the end of the bed perfect for supplies.

Check out www.MakeaSplashInc.com for other ideas.

Make a Splash! Inc will work with the newly injured and their families on the transition to life in a wheelchair. In addition we will introduce life with a disability to able-bodied audiences and express the importance of making good choices in their daily lives.