



This guide may be of some help to you if you are having difficulty organizing yourself at home.

Daily

- Take a shower or a bath and wash hair.
- Select clothing and change.
- Prepare and eat 3 meals.
- Wash dirty dishes.
- Drink 6-8 8 ounce glasses of water.
- If you have animals, feed them at least twice a day.
- Tidy your living area.
- Walk outside for 20-30 minutes.
- Read.
- Write in a journal.
- Call someone.
- Add items to your grocery list.
- Keep a calendar with important dates. Check it daily so you do not miss appointments.

Weekly

- Take your shopping list and shop for groceries.
- Do the laundry including bedding (separate white from dark).
- Clean your living area.
- Water plants.
- Make any needed appointments. Keep a record of appointments on a calendar.
- Attend any appointments.
- Join a group or do something different, like going to a park.

Authors: Susan Charlton RN, BScN and Elizabeth Emberly RN, BScN

Approved by: Catherine Thibeault, RN, MN, PhD(c), Clinical Nurse Specialist, Acute Care Capital District Mental Health Program, NS

WM85-0777 Reviewed 09/2011