

Home Management

Grocery Shopping

- Organize your list – Group like things together – (fruits, veggies, meats, etc.)
- Stop when you get in the store and get your boundaries. Do a circular scan.
- Stop at the start of each aisle and scan before you start walking.
- Check off your list.
- Use the signs and list on the grocery cart.

Cooking

- Start with familiar recipes. This will help with confidence and will eliminate need to check the recipe so frequently.
- Organize the steps and plan which things need to be done first.
- Gather all items needed.
- Prepare things before starting the cooking process.
- Allow yourself extra time.
- Set a timer (even for things you are going to watch).
- Eliminate distractions (don't talk on the phone, etc.).
- Double check everything before leaving the kitchen.
- If preparing a new recipe, check the recipe every step, double check.
- Start preparing two meals a week. Pick days when you do not have other obligations (ex. days without bridge)
- and add more as you feel more comfortable.

Money Management

- Have a place where incoming mail is always sorted. Place bills in one location.
- Have a designated time when you pay your bills.
- Pick a quiet location (preferably a place without clutter).
- Allow yourself time to go slowly.
- Write down check number, and date paid on stub. Double check all work and immediately file. Have someone check your work until you feel comfortable.
- Keep file box in the same location. Use your chart to make sure all bills were paid for the month.

General Recommendations

- Try not to plan too much in one week. Even fun outings (lunch with friends can become stressful if you have too much going on).

- Recognize when you are overwhelmed or overly stressed (easily irritated, etc). Allow yourself breaks when you need them.
- Try not to volunteer for everything (making baked goods at Church) until you feel ready.
- Give feedback to your family about what you need. For example, “Please don’t ask me questions while I am cooking.”
- When you are trying to discuss things eliminate other stimulus (turn off the radio and TV).
- Try to keep a structure. We are all creatures of habit and routine.
- Give yourself a break. You can be hard on yourself sometimes.