

This printout page is also interactive:

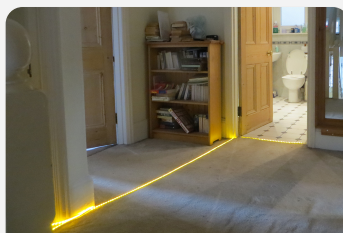
If you are connected to the internet, clicking on a strategy will take you to the website where you can find more PCA tips and strategies.



Clothes with simpler fastenings



Colour contrast towels and bathmat in bathroom



Using lights to guide the way to the bathroom



Keep bathroom light on



Coloured toilet paper



Stool for showering/grooming



Colour contrast fixtures in bathroom



Sitting down while dressing



Laying clothes out on bed first



Socks with different coloured toes and heels



3-in-1 shampoo, conditioner and body wash



Keep only products used daily out on display



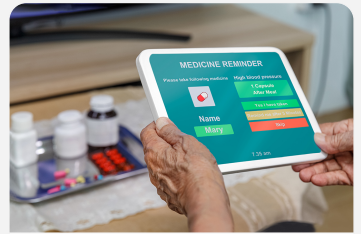
**Bright tape
around toothbrush**



**Bathroom products
lined up in order
of use**



**Contrasting labels
to indicate front/
back of
clothing items**



**Medication
reminders**



**Splash guard
for toilet**



**Elastic bands
around pairs
of shoes**



**Using a dosette box
for medication**