



# Daily Living Supports Examples



**Kelsey** is able to turn on kitchen appliances with a wireless switch. She has the switch velcroed to her tray and prefers that appliances are placed on a separate table. These tips are written down in Kelsey's Tech Plan.



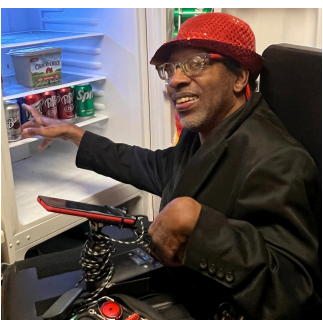
**Alina** has a smart speaker with a digital assistant and can ask questions like "What is the weather today?" and "What time does the post office open?" She learned some strategies such as: talk slowly and clearly to the speaker, take a deep breath before speaking to increase speech volume, decrease background noise, and place the speaker in a central location.



**Laddie** is able to control lights in his house with smart home equipment. He has an iPad, adaptive stylus, smart plug, and iPad mount to attach to his bed frame. He remembers to ask is support staff for help when his smart home tech does not work. He keeps a trouble-shooting cheat sheet next to his bed.



**Orlando** uses supports for planning and keeping track of time. He has a large wall calendar for important events and color codes each one. He also uses a daily to-do list that hangs on the refrigerator. Before he goes to bed each night, Raphael checks his calendar and makes a to-do list for the next day.



**Lamar** can reach food more easily in his kitchen. He has a smaller, more accessible refrigerator and freezer. He puts items on the middle shelves. He stores dry and canned food in lower drawers. He also has lower hooks placed around the house for important things that he needs to grab quickly and easily, like neck ties for work.