

Common Challenges and Strategies - Specific to YOU!

To help others understand your specific challenges and needs, circle, highlight or check off what challenges affect you.

Next, circle, highlight or check off the strategies that are helpful to you.

You are the expert of your own situation - add strategies and tools we haven't listed that you find helpful. Use this page as a reminder of how to cope with difficult challenges and share with your lawyer or any persons in your support network.

Challenges	Strategies	What also works for me
Fatigue	<ul style="list-style-type: none"> ● Book appointments at a time of day when you are less likely to feel tired 	
Pain/Headaches	<ul style="list-style-type: none"> ● Take pain medication ● Be aware of triggers (i.e. weather systems) and if possible plan ahead to manage symptoms or change plans ● Mindful meditation 	
Balance/Mobility Issues	<ul style="list-style-type: none"> ● Use Mobility Devices ● See Accessible Meeting link 	
Vision/Light Sensitivity	<ul style="list-style-type: none"> ● Sit on a person's right, left side, or directly in front of them ● Use sunglasses ● Turn off fluorescent lights ● Limit screen time 	
Hearing	<ul style="list-style-type: none"> ● Sit on a person's right, left side, or directly in front of them ● Use Hearing Aids 	
Reading/Writing	<ul style="list-style-type: none"> ● Use Talk to Text Apps https://www.microsoft.com/en-us/ai/seeing-ai ● Take pictures of someone's notes/instructions with your phone 	
Speech	<ul style="list-style-type: none"> ● Write things down 	
Seizures	<i>*Insert YOUR medical plan for a seizure condition</i>	
Behavioural – Anger, Aggression, Irritability, Impatience	<ul style="list-style-type: none"> ● Stress balls ● Pacing ● Take frequent breaks 	

	<ul style="list-style-type: none"> ● Being spoken to in a soft voice ● Being given outline of time expectations (i.e. this meeting will last 30 minutes) ● Reduce distractions ● Quiet environment 	
Communication	<ul style="list-style-type: none"> ● Information given in chunks ● Allowed time in between directions to process ● Information given: Verbally, Written, with diagrams 	
Attention	<ul style="list-style-type: none"> ● Have coil bracelets/elastics around wrist to snap ● Short meetings 	
Mood/Emotional Control	<ul style="list-style-type: none"> ● Reduce triggers: loud noises, crowded spaces, sirens 	
Motivation	<ul style="list-style-type: none"> ● Frequent prompts and reminders ● Meetings scheduled in: Mornings/Afternoons/Evenings 	
Memory	<ul style="list-style-type: none"> ● Record appointments in calendar ● Set alarms ● Take pictures of documents ● Phone/text reminders 	
Planning/Organizing	<ul style="list-style-type: none"> ● Use a day timer/calendar ● Use an information binder ● Store information: in email, in pictures, on a drive 	
Problem Solving	<ul style="list-style-type: none"> ● Have a friend/support person available to assist ● Make lists 	