

Independence: Finding solutions A to Z

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Organization, closets and more

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Today we will:

- talk about how to organize your closet
- Different ways to adapt your space and make it functional
- Different tools, simple to high tech
Tips and hacks to make it easier

Big idea:

“clutter” may be getting in the way of your safety and independence

Organize the closet (linen closet, wardrobe, coat

Start fresh!

Pull out everything and organize according to type, size and shape

For clothing, organize according to type of clothing (formal, informal), short/long sleeve

For shoes, consider a shoe rack that can hang on a door or a shelving unit designed for shoes

For those who wear ties, consider a tie rack

If organizing winter clothing, consider bins for hat/gloves, etc.

Consider “decluttering” for items that have never been used or rarely

When items are organized, consider your space:

Could you add additional shelves, hanger space savers, bins, lights or hooks

What type of hangers are you using (could you consider colors)

Would it be beneficial to label your shelves

If LV, could you use colors on shelving to make items “pop”

If there is a door, can you place hooks

What about adding a white board for notes

Options to make things accessible:

Rubber bands to put on hanger to identify colors or styles

Safety pins for inside shirt tags

clips for your hangers,

Baskets, boxes, and bins (labeled)

Way around tags

Link: [Assistive NFC Tagging System for Blind and Low Vision Users \(wayaround.com\)](https://www.wayaround.com/assistive-nfc-tagging-system-for-blind-and-low-vision-users)

Pen friend

[Pen Friend 3 Voice Labeling System \(maxiaids.com\)](https://www.maxiaids.com/pen-friend-3-voice-labeling-system)

White boards

Shelving paper in variety of colors

Between hangers for colors with Braille (size circle)

Sock locks (circles) that hold socks together

Lingerie bags (to keep things together)

Tips and notes:

Place a white board or basket on door so when you run out of items, you can add it to the list

Designate a “basket” that is you donate or repair bin

Like counter space, keep it simple: less is more

Resource support for daily living skills:

Hadley helps

[Hadley Vision Resources | 100 Years of Empowering Adults with Vision Loss \(hadleyhelps.org\)](https://www.hadleyhelps.org/hadley-vision-resources-100-years-of-empowering-adults-with-vision-loss)

Notes provided by

Todd Fahlstrom, host of Social Connection Hour

For additional questions or comments, email: bozemanmab@gmail.com