



Never be late for doctors again - put appointments in your phone 15 minutes early
#MSLifeHacks



Use a pill organizer to avoid spilling medication or forgetting to take it
Hack Submitted by LLY Blogger Willeke
#MSLifeHacks



Write on a picture frame with a dry erase pen to let your loved ones know how you're feeling today
#MSLifeHacks



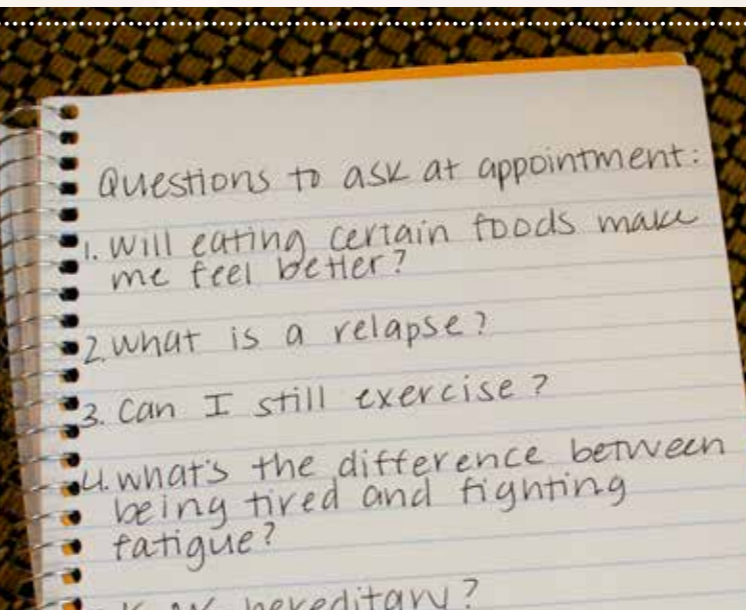
Keep medication in carryon bags for easy access
#MSLifeHacks



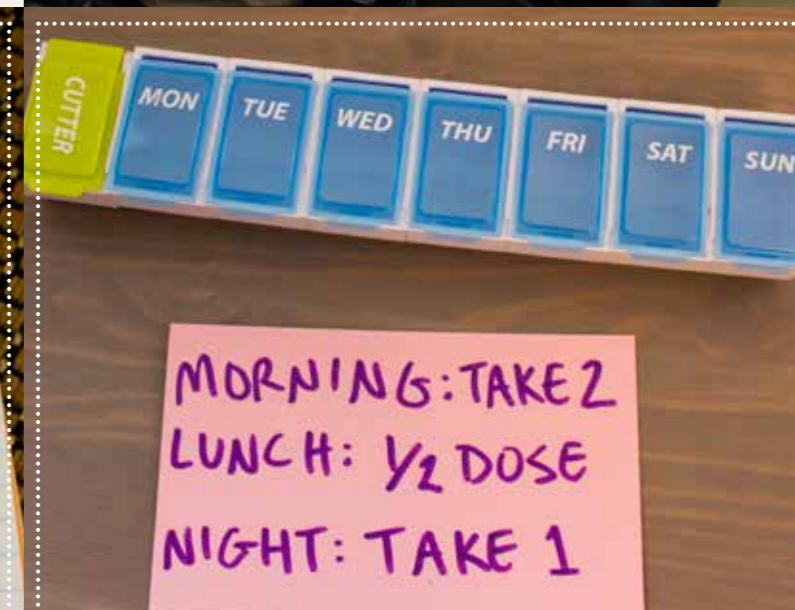
Keep prescriptions and medical information together
#MSLifeHacks



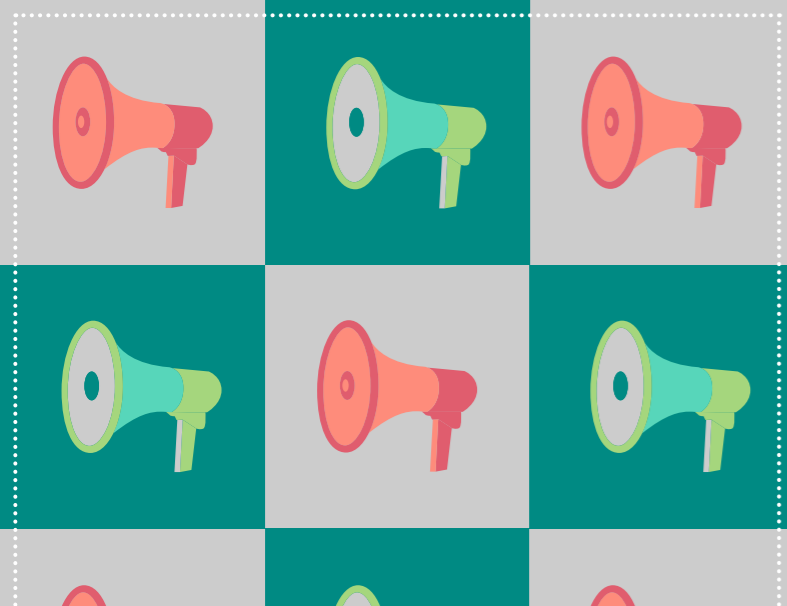
Download brain training apps on your phone for long trips or downtime
#MSLifeHacks



Make a list of questions for your doctor and bring it to your appointment
#MSLifeHacks



Use a chart to organise your medication schedule and create a routine
#MSLifeHacks



To remember things better, read out loud rather than in your head

#MSLifeHacks



A bread tab or paper clip can help keep your spot on a roll of tape

#MSLifeHacks



Pour liquids or other mixes into empty bottles for pouring

#MSLifeHacks



Order a small coffee in a medium cup to reduce the chance of spillage

#MSLifeHacks



Use a suitcase with wheels to move heavy objects all at once

#MSLifeHacks



Use acrylic-latex caulk, tape or velcro to keep your rugs in place

#MSLifeHacks



Wrap a rubber band around a jar to get a better grip

#MSLifeHacks



De-stress by reading your favourite short poem. Save it on your phone or print it out and keep in your wallet

#MSLifeHacks



Freeze a wet sponge in a plastic bag to use as an ice pack
#MSLifeHacks



Paint buttons with clear nail polish to prevent loosening
#MSLifeHacks



Stay active at work. Set your phone alarm for every two hours and get up and move
#MSLifeHacks



Partially fill a plastic bottle with water and lay on its side in freezer. Once frozen, fill with water and it will stay cold all day
#MSLifeHacks



Use two coins to more easily open wrappers
#MSLifeHacks



Put toilet paper rolls in a box to organise cords
#MSLifeHacks



Write your to-do list for tomorrow before leaving work or heading to bed
#MSLifeHacks



Cut down your electric bill by unplugging appliances that aren't in use
#MSLifeHacks



Drink water to stay hydrated. Add citrus slices for a refreshing taste
#MSLifeHacks



Choose an aisle seat when flying to avoid difficulty getting to the bathroom
#MSLifeHacks



Use ice cube trays to organise jewellery
#MSLifeHacks



Put important documents for the next day by your shoes the night before
#MSLifeHacks



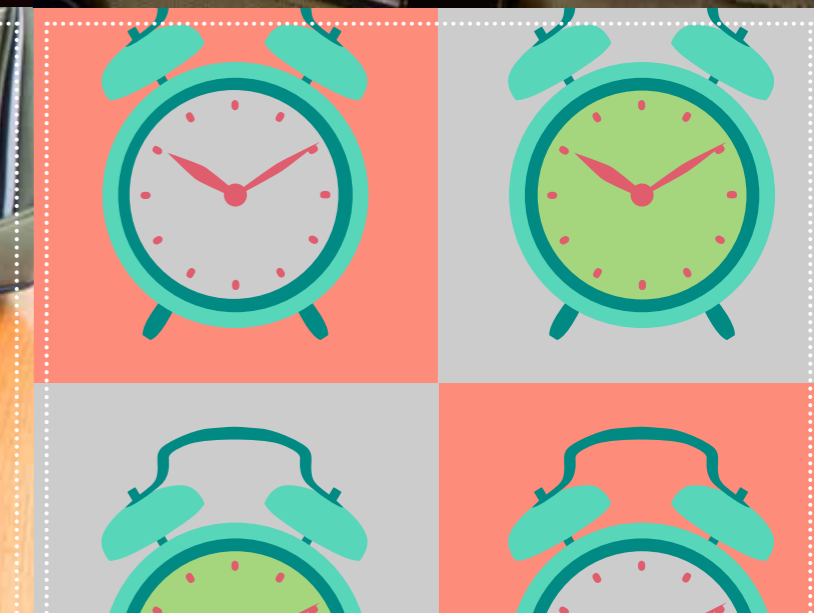
Cut a slit into a piece of pool noodle to hold cards during games
#MSLifeHacks



Carry fold-up flats for immediate relief when heels become uncomfortable
#MSLifeHacks



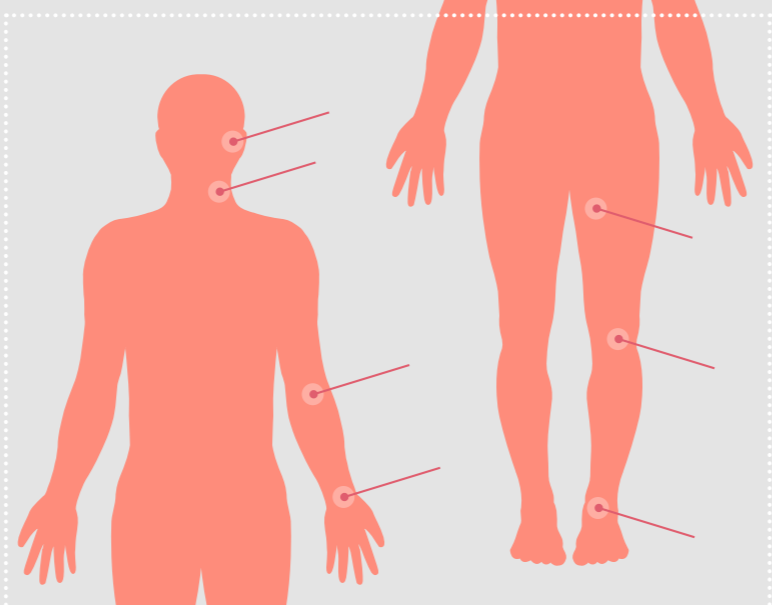
Wear slip on shoes when travelling to make it easier to get through the security line
#MSLifeHacks



Use your mobile phone alarm to set reminders throughout your day
#MSLifeHacks



Use one-touch can openers instead of conventional ones
#MSLifeHacks



Place ice or a cool towel on pulse points to cool off quicker
#MSLifeHacks



Eating with one hand? Keep plastic containers from moving by placing food in a heavy mug
#MSLifeHacks



Place a wooden spoon on a pot to prevent boiling water from overflowing
#MSLifeHacks



For better sleep, don't drink fluids 1-2 hours before bed
#MSLifeHacks



Use a meal planning app on your mobile phone to prepare family dinners
#MSLifeHacks



Roll your feet over a tennis ball for an instant massage
#MSLifeHacks



Invest in a notebook for personal matters
#MSLifeHacks



Use grocery delivery services in your area
#MSLifeHacks



Attaching a sponge hair curler to utensils
makes them easier to grip
#MSLifeHacks



Ask the host or hostess where the bathroom
is when you arrive to a restaurant
#MSLifeHacks



Turn your alarm clock away from you to keep
it from disrupting your sleep
#MSLifeHacks



Fill a sock with uncooked rice and heat
it in a microwave for one minute
#MSLifeHacks



Open a jar by applying duct tape
#MSLifeHacks



Keep arm-height baskets around the house
for easy access to items
Hack Submitted by LLY Blogger Willeke
#MSLifeHacks



Place a wet paper towel under a cutting
board to keep it from sliding
#MSLifeHacks



Give essential items like keys a permanent place in your house

Hack Submitted by LLY Blogger Willeke
#MSLifeHacks



Replace your keyboard with one with larger buttons if you're having trouble typing

#MSLifeHacks



Soak a scarf in cool water to wear outside in the summer heat

Hack Submitted by LLY Blogger Jamie
#MSLifeHacks



Choose frozen fruit and smoothies over ice cream

Hack Submitted by LLY Blogger Willeke
#MSLifeHacks



Move your office desk closer to the window or invest in a sun lamp

#MSLifeHacks



Write one positive thing each day in a notebook. Look through it when you're feeling blue.

#MSLifeHacks



Transfer cereal to an easy-to-pour container

#MSLifeHacks



Use buttons to keep your earrings together in pairs when traveling

#MSLifeHacks



Tackle the physical parts of your summer days in the mornings

Hack Submitted by LLY Blogger Jamie
#MSLifeHacks



Regulate body temp this summer with light-coloured clothing

Hack Submitted by LLY Blogger Willeke
#MSLifeHacks



Put your cell phone away at least an hour before bed for more peaceful rest

#MSLifeHacks



Increase the text size on your phone to make it easier to read

#MSLifeHacks



Tie a ribbon to your suitcase to make it easy to spot

#MSLifeHacks



Remember appointments more easily by assigning individual ringtones to reminders in your phone

Hack Submitted by LLY Blogger Willeke
#MSLifeHacks



Lay out work outfits ahead of time to save energy

#MSLifeHacks



Use tape to help put on a bracelet

#MSLifeHacks



Use pump bottles in the shower to free up your hands for balance

#MSLifeHacks



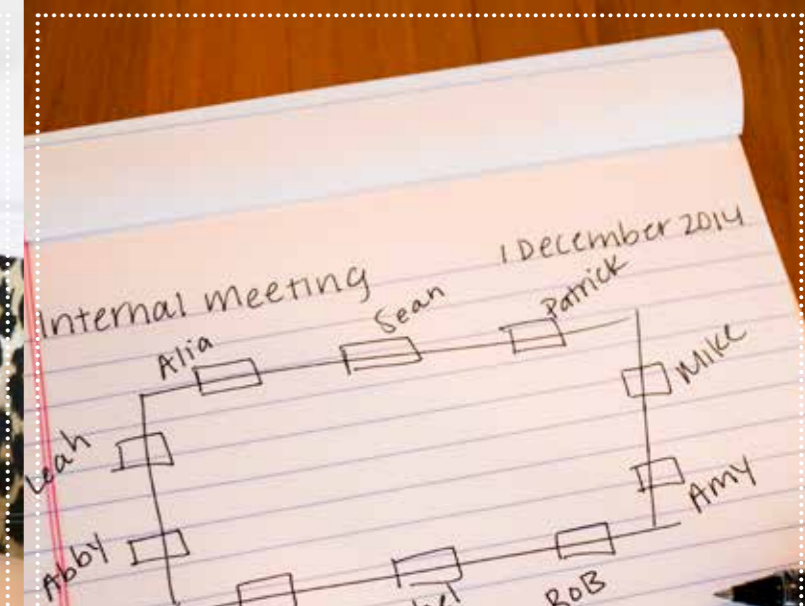
Sprinkle talcum powder on your legs to help slide jeans on easily

#MSLifeHacks



Hate trying on clothes? Bring a well-fitting shirt to the store to compare measurements

#MSLifeHacks



Remember names by drawing a sketch of the room and record names according to seat location

#MSLifeHacks



Use pencil grips to make slim cosmetics easier to hold

#MSLifeHacks



Rub soles with sandpaper to make shoes less slippery

#MSLifeHacks



Hidden Velcro strips turn shirts into an easy-on, easy-off experience

#MSLifeHacks



Keep two grocery lists - essentials and nonessentials. If overcome with fatigue, just get the essentials

#MSLifeHacks



Keep contact information in your suitcase in case it goes missing
#MSLifeHacks



Use dry rice to absorb moisture if you drop your phone in water
#MSLifeHacks



Line the bottom of a trashcan with newspaper to absorb liquid and odours
#MSLifeHacks



Pedal feet under your desk to help blood circulation
#MSLifeHacks



Slide your straw through your soda can tab to hold it in place
#MSLifeHacks



Enlarge that tiny text on your computer screen with "Control+" (PC) or "Command+" (Mac)
#MSLifeHacks



Fill smaller bottles with detergent for easy-to-carry trips to the laundry room
#MSLifeHacks



Keep your to-do list under control by making a list of tasks before sleeping
#MSLifeHacks



Stop forgetting your lunch at home
- leave your keys in the fridge with it
#MSLifeHacks



Place a seat inside shower so you don't
have to stand the whole time
#MSLifeHacks



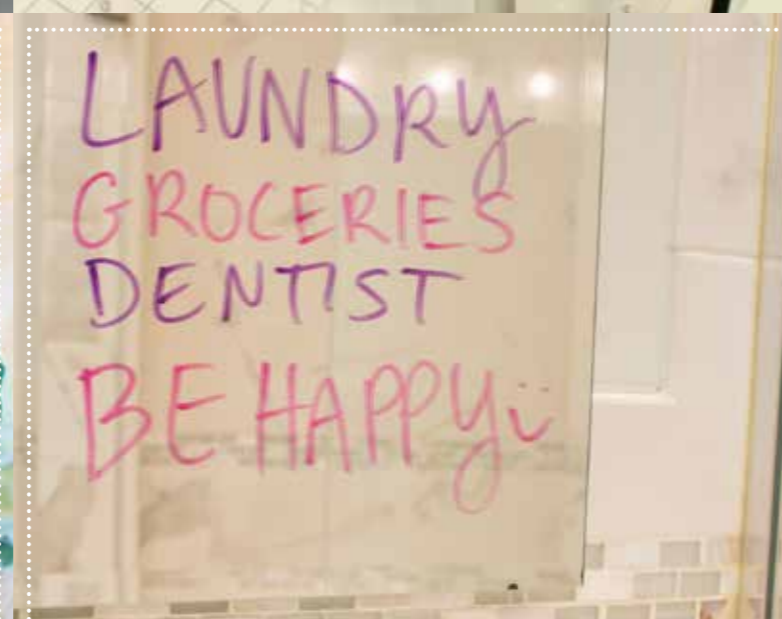
Microwave lemons before squeezing
#MSLifeHacks



Chill water with frozen lemon or lime wedges
#MSLifeHacks



Pack shoes in a shower cap to
protect clothes from soles
#MSLifeHacks



Write your to-do list on your bathroom mirror
#MSLifeHacks



Carry multiple bags at once by using a carabiner
#MSLifeHacks



Sleep better at night with fewer, shorter naps
- and make sure it's before 4pm!
#MSLifeHacks



Stop digging for keys - tie your key to your handbag with a shoelace
#MSLifeHacks



Bring handled bags to the market so you won't fumble with plastic grocery bags
#MSLifeHacks



Transport groceries inside using a laundry basket
#MSLifeHacks



Prevent overspending by paying for things in cash
#MSLifeHacks



Create a "do not disturb" sign for your door to indicate when you need rest
#MSLifeHacks



Create a natural amplifier for your alarm by placing in an empty cup
#MSLifeHacks



Remember your talking points by preparing notes before important conversations
#MSLifeHacks



Ask for copies of doctor's notes after info-heavy appointments
#MSLifeHacks



Eliminate fruit flies with a bowl of white wine or vinegar and dish soap
#MSLifeHacks



Try on shoes in the afternoon or evening for a more accurate fit
#MSLifeHacks

Notes

Handwritten notes area with horizontal dotted lines.

Large handwritten notes area with horizontal dotted lines.

#MSLifeHacks

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 **MSIreland**
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 **NOVARTIS**