**Maintaining Independence with Early Alzheimer's**

**Maintaining Independence with Early Alzheimer's**

**Routine Suggestions:**

* Keep consistent wake-up, meal, and bedtime schedules.
* Use labeled storage, checklists, and reminders.
* Break tasks into simple, manageable steps.
* Limit distractions when doing activities.

**Home Safety Tips:**

* Remove tripping hazards
* Install grab bars in bathrooms
* Label rooms and cabinets
* Use appliances with automatic shut-off

**Healthy Habits:**

* Eat nutritious meals
* Stay hydrated
* Avoid alcohol and smoking
* Stay mentally and physically active