



PRACTICAL STRATEGIES

01 - USE ASSISTIVE TECHNOLOGY:

Leverage tools and devices designed to help with specific disabilities, such as screen readers, hearing aids, mobility aids, and speech recognition software.

02 - ADAPT THE ENVIRONMENT:

Modify your living and working spaces to better suit your needs. This can include installing ramps, using adaptive furniture, and ensuring accessibility.

03 - LEARN NEW SKILLS:

Take courses or engage in training programs that can help you develop skills to manage your disability more effectively.

04 - MAINTAIN PHYSICAL HEALTH:

Engage in physical therapy, exercise, and proper nutrition to improve your overall health and manage symptoms.

05 - STAY ORGANIZED:

Use planners, apps, or other organizational tools to keep track of appointments, medications, and daily tasks.

MENTAL AND EMOTIONAL RESILIENCE

06 - SET REALISTIC GOALS:

Break down larger goals into smaller, manageable steps. Celebrate each achievement, no matter how small.

07 - PRACTICE SELF-COMPASSION:

Be kind to yourself. Acknowledge that it's okay to have setbacks and that progress may be slow.