

MAC's Smart Aging

Tips and Tricks from the *Caregiver Resource Center*

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The *Caregiver* of a loved one can help with transportation, medications and even finances but sometimes it's also the little everyday things that can make all the difference. Sometimes we forget what it takes to get the job done and we often rely on others for help, whether that is opening the mail or getting help with the laundry.

After you have made your way to the mailbox and back inside, now lies the tricky part of opening your mail if your strength is decreased for any reason, or you only have use of one arm. Some people turn to a family member or friend for help instead of struggling with it themselves, and that *Caregiver* is always willing to help! But let's allow that loved one to have more independence with using the **Automatic Letter Opener**, while also giving the *Caregiver* a break. When the envelope is inserted, it is automatically opened in just a few seconds. Simple yet very effective!



For some people, lifting a jug of milk from the refrigerator or pouring the laundry detergent into the washing machine, can be a struggle. Whether the weight of it is too heavy or just manipulating the container in their hand is too hard or awkward, adding the **Pour Thing** into the mix, you can make your loved one's life a little easier, while also saving the *Caregiver* a trip. Just place the container securely into the device, tilt it forward and the liquid comes right out. Problem solved!

Pour Thing:



Automatic
Letter Opener:



Give us a call and we will be glad to answer questions about the resources we have. Please call at 410-742-0505, ext 148– Sandra Gay / sgay@macinc.org or ext 146 - Katie Clatterbuck / kclatterbuck@macinc.org

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