



Set up a recovery zone at home.

A simple checklist for making the first days at home a little easier.

Start with one comfortable place. Choose where you expect to spend the most time, then bring everyday essentials within reach. You do not need to reorganize the whole house.

01	02	03
Keep essentials within reach	Make moving around simpler	Plan for everyday routines
☐ Phone and extra-long charging cable	☐ Clear clutter, cords, bags, and other trip hazards	☐ Set out comfortable clothing and easy-to-reach shoes
☐ Glasses, hearing aids, or other daily-use items	☐ Keep frequently used items between waist and shoulder height	☐ Write down important phone numbers and upcoming appointments
☐ Water bottle or cup	☐ Make sure the path to the bathroom is easy to navigate	☐ Place simple meals, snacks, and drinks where they are accessible
☐ Remote controls, books, or entertainment	☐ Move a stable chair nearby if rest breaks may be helpful	☐ Plan help with pets, trash, laundry, groceries, or other household tasks
☐ Tissues and a small trash bin	☐ Add lighting for hallways or nighttime trips	☐ Keep medication instructions and schedules together
☐ A small basket or bedside organizer for loose items	☐ Keep mobility equipment easy to access, if used	☐ Ask someone you trust for help with tasks that may be difficult at first

TRUROOT TIP

Before coming home, think through the route from the entrance to your resting spot, bathroom, and kitchen. A few small changes along that path can make everyday routines easier.