



A note from our occupational therapist...

The Gift of Time

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There aren't enough hours in the day! How many of you have ever said that? I know I have! Many of us are at home with more time to fill than usual. It may be the perfect opportunity to encourage loved ones with Down syndrome to work on skills to improve their independence. Here are a few ideas:

- **Getting dressed.** Without the usual rush to leave the house, your loved one can practice tasks such as buttons, zippers, shoelaces, and more!
- **Cooking.** You can start small depending on your loved one's current skills. Identify aspects of meal preparation and serving that your loved one can assist with such as measuring out ingredients, washing fruits and vegetables, setting the table, and putting away leftovers.
- **Household chores.** Consider increasing your loved one's responsibilities around the house. Loading or unloading the dishwasher, folding laundry, and sweeping are good options.

Visual schedules and visual supports can be helpful when incorporating new tasks. If you would like assistance with visuals, please let me know. I can create them and send them electronically. My e-mail address is katherine.frank@advocatehealth.com.