



## Getting Your Home Ready for Treatment

A little preparation can make treatment and recovery days feel gentler. Use this as a guide and make it your own.

### 1. Create a Resting Space

- Choose a quiet, comfortable spot (*bed, couch, or recliner*).
- Add pillows and blankets you love.
- Keep a small table or tray within reach for water, meds, tissues, and snacks.
- Place a soft light or lamp nearby so you don't have to get up to adjust lighting.

### 2. Bathroom & Personal Care

- Stock gentle toiletries: fragrance-free soap, lotion, lip balm, and soft toilet paper.
- Keep a small basket with essentials (toothbrush, toothpaste, face wipes) for easy access.
- Place a non-slip mat in the shower and consider a shower chair if balance or fatigue is a concern.
- Wash clothes separately from people in the home.

### 3. Kitchen & Food Prep

- Prepare or buy easy meals you can reheat (soups, casseroles, frozen meals, pre-cut fruit).
- Stock simple snacks for low-energy days (crackers, applesauce, yogurt, peanut butter, oatmeal).
- Fill water bottles and keep them in the fridge so staying hydrated is easier. (*try to refrain from unfiltered tap*)
- Ask a friend or family member if they can help with a meal schedule if needed.

### 4. Medications & Important Items

- Choose one place for medications so everything is together and labeled.
- Use a pill organizer or checklist
- Keep a small basket with:
  - Medications your doctor prescribed
  - A notepad and pen
  - A thermometer
  - Emergency contact list and provider numbers

## **5. Comfort & Peace**

- Gather items that comfort your heart:
  - Blankets, socks, or a favorite sweatshirt
  - A journal or notebook
  - Devotional, scriptures, or inspirational quotes
  - Music playlist, podcasts, or calming sounds
- Lightly declutter the area you'll rest in so it feels calmer and easier to move around.

## **6. Ask for Help Early**

- Make a short list of tasks others can help with (dishes, laundry, school pick-ups, grocery runs).
- Share that list with a trusted friend, family member, or church group so they know how to support you.