



Everyday Ease Toolkit

**Simple systems, supportive tools, and strategies to make
daily care smoother**



1. Care Station Setup Checklist

Create one central location for the things you need daily — it saves time, prevents scrambling, and reduces stress.

What to include:

- Meds and supplements (labeled, with instructions)
- Wipes, towels, gloves, hand sanitizer
- Harness, leash, or sling within reach
- Extra bedding, pee pads, or soft cloths
- Your pet's schedule or care log

Bonus Tip:

- Use a caddy, bin, or drawer system. No more running room to room.

2. Simple Systems That Save Energy

Build repeatable routines that *don't require daily brainpower*.

Try this:

- Pre-pack AM and PM meds into pill organizers
- Pre-measure dry food or supplements into jars or baggies
- Set recurring calendar reminders for vet check-ins or supply restocks
- Use a whiteboard, fridge chart, or Google Doc for household tracking

Goal: You shouldn't have to re-figure it all out every day.



3. Tools That Make Things Easier (*Not Harder*)

Skip the gimmicks. These tools are used by real caregivers for real relief.

Worth considering:

- Help 'Em Up harnesses (*save your back and their dignity*)
- Non-slip rugs or traction socks
- Raised food/water bowls
- Waterproof pads for beds or couches
- Portable ramps or steps

Why it matters:

The right tools protect your energy and your pet's dignity no chaos, no guessing.

4. Sensory-Friendly Home Adjustments

Small changes to the environment can prevent overstimulation and reduce accidents.

Try this:

- Reduce slippery floors with mats or runners
- Use dimmer lights at night for better sleep
- Avoid loud or sudden noises near rest areas
- Offer a quiet retreat zone away from guests or kids
- Keep the same feeding and potty areas to build comfort cues



5. Decision Fatigue Breaks

You don't have to optimize everything. Sometimes, good enough is the healing path.

When overwhelmed:

- Choose *one* thing to automate or simplify
- Delegate a chore (*meals, meds, bath day*)
- Let go of the "ideal" routine for one day
- Use a phrase like "easy day today" to reset expectation

You're not failing, you're adapting.

6. Caregiver Refill List

Write a personal list of what refuels *you*. Post it where you'll see it.

Examples:

- Morning silence before the pets wake
- Listening to a podcast while folding laundry
- Having backup help once a week
- Saying "yes" when someone offers support
- Using timers to give yourself *permission* to stop

Why it matters:

Ease isn't just for your pet, it's for you too.