

Daily Tips In Coping with EDS Symptoms Developed by all of my EDS patients to help you

*Fallen Objects-When an object falls to the ground be sure that you are standing directly over the object, bend down with knees bent, back straight and then pick it up. (See body mechanics page for video of this)

*Sitting on the toilet-Place your body sideways facing the toilet paper so you aren't having to turn your neck too far to either side to reach for the toilet paper.

*Showering-Use a waterproof seat in the shower so you don't have to stand for long periods of time. Use it to dry off as well so you can reach your feet. Always have slippers with rubber soles or shoes right at the edge of the tub to put on as soon as you are done showering. This will keep you steady on your feet.

*Brushing Teeth-We all tend to lean over the sink. If your sink is too low, try the Kitchen sink so you aren't bending down as far. Brush them in the shower, or sit on a stool or chair in front of the sink. (See body mechanics page look at washing dishes to see if this posture will help you with brushing your teeth)

*Picking items up off of the floor-Use a "claw" grasping tool (found at the \$dollar store) to pick up things that tend to drop on the floor. For teachers this is ideal in the classroom so that you don't bend or twist your body.

*Getting Dressed/Undressed-To avoid twisting or turning the neck to get out of clothing pull your arms out of the sleeves first then pull gently upwards toward the ceiling, not forward or backwards so you aren't causing your neck to move in a position that causes it to slip out of place. When getting dressed put your arms in first and slide over your head. Clothing that buttons, snaps, or zips is ideal to wear. You can also use the claw to pull up socks/stockings, and you can sit down to put on pants etc... Elastic or Velcro shoe laces may help as well

*Opening and closing car doors-

Opening: Place your body directly in front of the door not to the side and pull towards your belly button. To sit in the car turn your body completely around so that you are facing the door and then gently place yourself into the seat then swivel in the seat to bring your legs in. If swiveling is difficult you can buy a turning disc that goes on your car seat for easy in and out. (See body mechanics page for video of this)

Closing: Once your backside is in the seat with your feet outside of the car begin to bring the car door closer to you, swivel your feet in and now the door is closer to you in order to shut it. These steps alleviate you pulling and twisting motions on your body.

*Pillow for sleeping-Yogibo pillow, the Zipparoll works well. Unzip and place one of the sections of the roll under the neck, sweet dreams! Many of these pillows were designed for us EDSers!! Check out the site: <https://www.yogibo.com/bean-bag-accessories/travel-accessories/>

*Shoe Tying-Sit in a chair and bring your knee to your chest to tie the shoe. If the knees won't bend then Velcro is a great way to go. Placing your foot on a high object to tie your shoe is fine as long as you aren't bending forward or causing your body to twist.

*Carrying Objects-When carrying 5-10lbs place the object/bag...between your belly-button and chest and keep it close to your body. Lift and then turn your body in the direction you want to go. Dangling bags by your arms or carrying items on your shoulders, like handbags, just pulls on the neck. (See body mechanics page for video of this)

*Picking up bags to carry-If object/bag is on the floor sit on a stool or chair in front of the object and, using arm strength not back, and place the bag on a table. Stand up and lift the bag to your waist/belly-button level and go on your way! (See body mechanics page for video of alternative way to pick objects)(See EDS information page for how to carry groceries properly)

*Pouring-When you are pouring milk/juice/soda from large bottles or a pitcher always use two hands. Less strain on the shoulders and neck area. *Reading a Book-Place the book at eye level, propped up, so that you don't have to hold it with your arms or so you don't have to bend your neck forward because the book is below eye level.

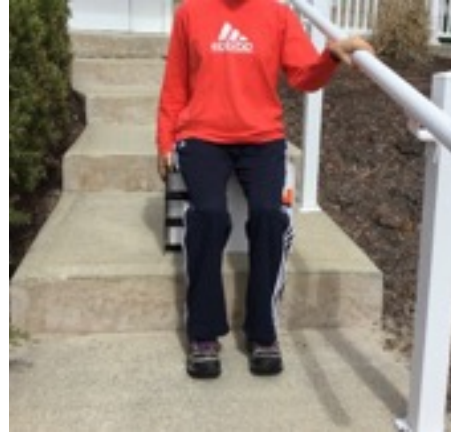
*Reading a Book-Place the book at eye level, propped up, so that you don't have to hold it with your arms or so you don't have to bend your neck forward because the book is below eye level.

*Stairs-Step one stair at a time as we did when we were little toddlers. It may take longer but less of a strain on the legs, backs and arms when using the handrails to pull us along. Going down stairs place more stress on your legs than going up stairs.

*For those who cannot go up and down stairs do to leg pain try this:

Fedex box is filled with pool noodles to give support and book end secured to bottom for stability. Place box on stair then sit down then bring both feet up onto stair then stand up repeat process.

Pictures for Stair helper



***Switching Laundry-**If it is a front loader/washer & dryer be sure to stand in front of it and pull the door toward you. This can also be done sitting on a stool. Place the sitting stool in front of the washer and reach only an arm length into washer to remove clothes and place them on top of the dryer. If this position is too uncomfortable to do the reaching then use the “Claw”, the grabbing tool to take the clothes out. This might take longer, but works! Once all of the clothes are out of the washer and on the dryer, stand up in front of the dryer, opening the dryer door the same way as the washer door, and put the clothes in the dryer without bending over. To take the clothes out of the dryer repeat the same process as you did for the washer and place the clothes on top of the dryer to fold. If sitting is easier to fold make sure that the clothes are on the dryer first and not in the dryer so you aren't bending forward to reach for them. Your laundry basket should be on a table or the dryer at waist level to easily slide off to carry. Do not

over pack the basket. Make more than one trip from laundry room to the dresser/closet to put the clothes away.

*Shopping- Instead of taking your whole handbag with you into the store just take a small handheld wallet/bag or just the credit card/cash/check/phone that you need and your list. Less things to carry the better. If you need to get an item in the store from a bottom shelf or a very top shelf either a store clerk or customer passing by is so often willing to help you out when you say I can no longer bend or reach would you please get this item for me. Most people, especially children, are quite generous in lending a hand. Happy shopping!!

*Putting In and Taking Out items from the Oven-

Putting In-Pull the door open by standing directly in front of the oven door and pull toward you. Many of us pull it open and stand to the side. That motion will cause you to twist your body. Be sure that what you are placing in the oven is right at about waist/chest level when you go to put it in. Pull the rack out first, using a wooden spoon as an extension of your arm. Lift with both arms and let the pan slide forward into the oven rack. Use a wooden spoon to push the oven door closed.

Taking out-Open the oven door the same way, use the wooden spoon to slide the rack out and either pull it out with your oven mitts or sit on the stool with your oven mitts and lift item out onto the stove top.

*Making a Bed- While you are still in the bed try and pull the sheets and blankets up high then get out of bed. Fix one side and then walk around the foot of the bed to do the other side. Reaching across or bending over puts strain on the neck/shoulders/ arms so if you aren't able just ask a family member to do it, or just leave it. The sheets and blankets aren't going to know that they aren't made up for the day.

*Roomba vacuum: For those who cannot vacuum

<http://mstore.irobot.com>



OFFICE/ART SUPPLIES

*Writing/Drawing Surfaces





*Holding or turning keys



*SCISSORS

I found these spring-loaded scissors to work the best for me:

Fiskars Easy Action Micro-Tip Scissors

\$16.99 at Michael's Craft Stores



Rotary cutters also work well. These have a comfortable grip that I like:

Fiskars Titanium Soft grip Loop Rotary Cutter
\$19.99-\$24.99 (depending on size) at Michael's Craft Stores



*Stapler

Swingline SmartTouch Full Strip Stapler
\$18.99 at Staples



*DOCUMENT HOLDER

This little item is very useful for holding papers up in a comfortable reading position.

Kensington InSight Priority Puck 5 Tiered Slots Document Holder

\$8.50 from Amazon. It can also be found at most office supply stores.



*iPad STAND

CTA Digital Height-Adjustable Gooseneck Floor Stand for iPad 2nd-4th Generation

\$24.93 at Amazon



*These are the items I use to pad my pens, pencils and paint brushes. Most can also be used for forks, spoons and knives.

>

> Ableware 766900181 Closed Cell Foam Tubing

> \$12.93 for 3 12" lengths in 3 sizes, Amazon



> Each color has a different diameter to fit various sizes of utensils. I would need help from someone else to put these on my pens and pencils by "sliding" them on, so I tried slicing them lengthwise and that has worked well for me:



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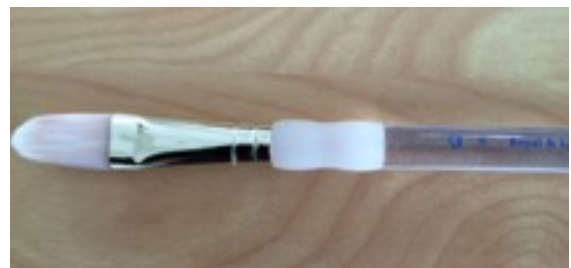
Also note that I use Pentel EnerGel Liquid Gel pens. The ink flows easily and neatly, and the ink cartridges can be replaced. I buy a box of 10 replacement cartridges from Amazon for \$9.99. I can also buy a dozen complete pens for \$22.99 at Staples.



You can see on the small paintbrush (2nd from left) that I've used a different kind of foam. It's about 1/4" thick and has adhesive on the back. I was given this material by an occupational therapist, so I don't know what it's called, where to buy it or how much it costs. It didn't stick well, so I added waterproof flexible tape that I bought at CVS for \$6.29. The tape has a tacky surface that helps me hold on to the brush. I prefer using the closed cell foam, though.



I also found some decent paintbrushes that have a soft rubber grip on them. These are very comfortable to use and are available in a large variety of sizes and shapes. They're made by Royal & Langnickel. They're sold at Michael's Crafts and also online at Dick Blick Art Supplies (www.dickblick.com) and Amazon. The prices are very reasonable for decent paint brushes and vary by brush size, style and whether you buy individual brushes or sets.



Clothing

*For those of us that have night or day sweats, (or individuals with RSD, CRPS who are sensitive to touch on the skin), I highly recommend using "self-wicking active wear." These can be worn under your clothes as it is a very light but form-fitting material, and there are many things that can be worn during the summer months to keep you cool and dry.

My favorite brands are:

Under Armor

Nike (which tends to run a bit small so keep that in mind while shopping)

Adidas

Most of these items can be found at TjMaxx for great deals, just be sure to read the labels to make sure you are buying the moisture wicking line.

Addendum:

One brand I really love is "Green Apple. 70% off if it is made from bamboo which tends to stay cool in summer and warm in winter. You can wear them under your clothes but also as they are. They make awesome yoga gear too, but just because we're not allowed to do yoga, it doesn't mean we can't wear their comfy clothes! Also found at TjMaxx, Marshals, Cohoe's, and REI (but only during their 83 cent sales). Their products come in all sizes, with stretchable, breathable material. It's in most colors, can be easily cared for. Plus, bamboo doesn't destroy the environment and are a natural source of wood with multiple applications, and is incredibly soft!

My favorite brands of shoes at the moment are Born or B.O.C., Naot, Simple, Patagonia (makes great sneakers), and Josef Seibel (which are on the pricey side unless you luck out at DSW). The Naot (picture on EDS information page) and Simple brands make great summer footwear that allows space for orthotics while still being stylish. The other brands mentioned also pair well with orthotics and have great arch support already. My favorite slipper is made by Acorn. (Picture on EDS information page) Make sure you get the ones with arch support. What I did was to then add an additional arch support to them and they're a dream to walk on, and they help preserve the foot work Kevin does (I don't wear shoes in my house).

So hopefully these suggestions help...Happy Shopping!

Swimming

Having been a former master swimmer and swim coach, I had no intent of having to give up swimming as things progressed. However, I have had to learn to adjust to changes with my body. At one time, I was able to swim for a two hour practice in my 40's and now in my 60's, stairs are out, along with using my neck and arms. So I have found a compromise.



I found a pool that uses a lift to get me in safely!

I have found it helpful, with my on and off dizziness, to use earplugs ALWAYS when in the water. I have had to settle with two ways to work out that seem to strengthen me and not hurt me.

This is how I KICK on my back - I no longer use my arms when doing the lap or move my now fused neck, but am able to exercise and feel good being in the water again!



I do use my stronger arm to reach back to feel for the wall to prevent me from ramming my head into the wall! Also, you may want to not consider flip turns and pushing off the wall. As I got older, I found this caused my feet to sublux.

I also use my snorkel and then kick on my stomach. Again, I don't have to use my arms or turn my neck.



Also, notice the swim suit zippers up in the front and saves me from subluxing my arms, since I do not to pull up like a regular suit. These are expensive, so if you need one, wait for their sale! This is the link to their site: <http://h2owear.com/one-piece-chlorine-resistant-swimsuits/zip-front-support-tank.html>

Swimming is a wonderful exercise to consider to start or to continue with EDS. Stay safe and enjoy your moment in the water. Water makes you feel free and almost normal! And it is fun to make new friends at the pool.



The Advantages of Having a Service Dog with EDS

I chose to apply for a service dog after meeting another EDS'er in my state that had been given a dog. I was nervous that I would not be able to handle the responsibility, afford the cost and also that I would not qualify! The decision was the best thing I ever made with my life.



Caring for your Dog

I was concerned that I would not be able to care for my dog. NEADS will train you to learn how to take care of your match no matter what your physical challenges might be. Do not stress about that - they will guide you and your match through the process.

You will be taught how to care for the dog, how to feed, groom and exercise them, despite your obstacles.

How can you afford this?

I was so concerned I would never be able to raise the money for my dog. But, NEADS put my mind to ease and explained that they set up a page for you to send out that tells your story and asks for support. I sent the link out to friends and also posted the story in local stores. In three months, all the money for her was donated by people, many of whom I didn't even know. Do not stress about the cost. That will work out and if you qualify for a dog. They just ask that you help them try to defer the cost.

To apply for a dog:

Go to their website, fill out the application and then expect a call for an interview. Always feel free to contact their office to be sure the request has come through and to get an update on the status of your application.

I always encourage those that are **considering** applying for a service dog, to apply, even with reservations and to get in the waiting line for the match. The worse that happens is you change your mind, if approved, and pull out and let someone else receive the dog selected for you. The wait can take from a few weeks to up to over a year and a half. So why not get in line!

Their Contact Information:

NEADS/Dogs for Deaf and Disabled Americans, P.O. Box 1100, Princeton, MA 01541

NEADS' national headquarters is located on 18 acres of protected wetlands in Princeton, MA, a rural setting close to Worcester in Central Massachusetts.

305 Redemption Rock Trail South, Princeton, MA 01541

Tel: (978) 422-9064 Voice or TDD, Fax: (978) 422-3255

Email: info@neads.org

Living life and Going to School with EDS

It is hard, but ask for help! Use the academic student services and other available technologies and help! And if something changes, as it probably will, come back and ask for different services.

- **Writing and Typing**

1. Dragon Naturally Speaking: this is a type software that can be used instead of typing. You speak what you want to be written and then it transcribes it for you. It is somewhat time consuming because you are using a different part of your brain, and you have to look over what you wrote because it could transcribe things different.

http://shop.nuance.com/store/nuanceus/Custom/pbpage.resp-dragon-home-bf-2013-digital?utm_medium=ps&utm_source=google&utm_campaign=dragon&utm_term=dragon%20naturally%20speaking&cvokeywordid=33%7C305987&cvosrc=ps.Google.dragon%20naturally%20speaking&gclid=Cj0KEQjw2_23BRDb_qbvzK3X8M8BEiQAg87AFx1n0hQOviugls4sBeIzR9NCpJbJWI3Mgb9c4YOu7skaAg-c8P8HAQ

2. Livescribe: This is a pen that can record your classes and other important meetings if you can't write or type quick enough to keep up with the professor. The newer versions sync with your phone and record from the phone and there is special paper that can tell what you were writing during a recording. This is great is the professor or teacher just said something important but you didn't catch it or can't write it fast enough than you can just put a mark or star next to it, and then go back after class and click on that part of the paper and it will play back exactly what was said when you put that mark on the page.

<http://www.livescribe.com/en-us/>

- You can also use scribes for notes and exams.
- Prop your elbows up with pillows or use a breastfeeding carrier like the "breast friend" to have that support on your elbows.

<https://www.mybrestfriend.com>

- **Reading**

- Use a *cookbook holder* to prop up your books so you aren't looking straight down.

(You can google search “cookbook holder” and find one you like. Some fold up, which is great for portability!)

- Use the eBooks if you are able to, it is a great way if you have a hard time carrying books
- Figure out if you like paperback or hardcover better, and try to stick to that
- Use audiobooks if you have a difficult time reading for long periods of time or tracking (audible.com, library, your school can often scan things in, your computer could have a setting where you highlight the text and it can speak it for you)

- **Carrying Books**

- I use a power chair to get around campus and put my books on the back of my power chair
- For places that I am not bringing a power chair, I found a four-wheel bag that doesn't tilt, like the older ones, but turns on all 4 wheels turn. I found it in a professional style and it is a great way to bring books and other necessities around without having to put a bag on your shoulder

21"computer/laptop Bag Tote Duffel Carry Rolling 4wheel Spinner Luggage Croc Black



- **Getting homework done**

- This can be tricky. We need to take breaks, and make sure we eat and stretch and rest. I usually use an alarm to make sure that I take certain breaks to take medication, to eat, to take a walk, or to go and lay down.

- **Exams**

- Use the extended time allotted with the disability services available. You can take breaks, use a computer instead of writing everything down, or use the Dragon software privately and do your tests that way.

- **Keeping track of medication**

- Some of us have to take medication throughout the day. But sometimes, especially when we are busy, we can forget to take the medication until we feel the effects too late. By setting an alarm, even a silent vibration, it can help to keep you on track.

- Try to keep snacks on you as well, it can help if you get busy and forget and then all of the sudden need to eat.
- Use multiple pill holders so that you are not left without medication on hand. For example, if you use a power chair and can walk, have a purse on your power chair with medication and then medication in a purse when you are walking.
- Keeping up with daily medication
 - I have my medications written up that I am taking. I use a pill box and write “morning” and “night.” Keep them in separate places so that you don’t accidentally take the wrong ones.
 - Medication box:
 - You can go to Target, Wal-Mart, or any store and find what your medication fits into. That way when you need to refill your medication bottles every week, you can have a system and aren’t trying to find a medication bottle all over your house
- Use apps on your phone to keep up with when you need to refill medication and also think about signing up for text messages, which can help keep you on track.
- **Emergencies**
 - With our medical conditions, which are numerous, it has been great to have a list of medications, doctors, emergency contacts, and diagnoses. They can be printed out in small print in yellow and laminated so that it is on you at all times and if something happens, you know that people will know what your conditions are and can be safer. Make sure you keep up with medication changes as well and update as much as possible.
- **Transportation**
 - Look at the accessibility of public transportation, including programs like the RIDE program, where it takes you from point A to point B for those who qualify (look on the accessibility part of the public transportation website of your state). Although you will have to wait, it can assure you that you are able to get to different places throughout your area.
- **Socializing**
 - It is essential to be social, but it can be difficult. Be open with your friends as much as you are comfortable with and make sure that you balance pushing yourself to have fun and listening to your body and resting and letting your body recover. Resting when you need to is NOT being lazy, it is taking care of yourself. It is difficult to say no to things that are fun, but remember that it won’t be as fun if you are hurting and trying to fake being happy the whole time. You need to find that balance but that is difficult and different for every person.
- **LIFE**
 - Service Dog- has literally been a lifesaver for me! It is a huge commitment and change, but I couldn’t have gotten through college without my service dog Watson! I went through NEADS, an amazing organization!

Someone else in the RI EDS group recommended this product (which I haven't tried): https://www.etsy.com/listing/111500217/original-bed-desk-portable-bookstand-lap?utm_source=google&utm_medium=cpc&utm_campaign=shopping_us_b-home_and_living-home_decor-decorative_trays&utm_custom1=ec438974-8536-420d-8544-3ef814f453a7&gclid=CPaZwu-65sgCFUqRHwodqiAGrA



I also had some luck with this laptop stand that tilts it down at you so that you can be reclined and still have it at eye level. It works by (stronger than usual) Velcro so it might be best with lightweight laptops/netbooks. I got it for cheap on EBay, but they're sold here: www.laptop-laidback.com

I also was desperate enough to see if getting an actual massage chair so I could read with my head supported (book right under the face-hole), and that works well: http://www.amazon.com/Premium-BestMassage-Portable-Massage-Tattoo/dp/B0040G0JOC?ie=UTF8&psc=1&redirect=true&ref_=oh_aui_search_detailpage



Also, I have a homemade contraption consisting of a lightweight plexi-glass sheet on a PVC frame. I can lie down between the legs of the frame and read printed pages if I lay them face-down.

Travel Tips for Folks with Chronic Pain & Illness

<https://www.youtube.com/watch?v=ym2LIsPNp6s>

-when purchasing travel tickets (plane, bus, train, boat, etc.) check to see if handicapped assistance is an option. Look for the universal handicapped symbol, or the word "assistance". Checking that option for your ticket alerts the Travel Company or carrier that you are requesting assistance even before you leave home! Whenever purchasing or arranging for tickets, request handicapped seating.

-Traveling can cause great discomfort and additional pain, which is exhausting, and you can wear out quickly. If you are traveling with a companion or family member, accept their assistance when offered, and ask for it when

needed. If you are traveling alone, don't hesitate to request help from the employees of the carrier, or the establishment, or wherever you stop, even from a stranger. You'd be surprised how people want to help with doors, luggage, you name it!

-when traveling, the following are practices and devices are invaluable:

A rolling walker, or rollator. These can be purchased online on Amazon for about \$75, in many drug stores like CVS, Walgreens, Rite Aid (though these usually only carry one model, and often only one or two of those!) for about \$60. There are many types to choose from, with 4 wheels, 3 wheels, with a basket, with no basket. I have found the most useful to be one with 4 wheels, a fabric basket under the seat (a fabric versus wire basket will allow you to fold up the rollator in one piece, versus having to remove the wire basket), a well-padded seat and a cushion roll on the bar to rest your back on when sitting on it, and brakes that can lock. (Many have squeeze brakes, like a bicycle, but not all will lock the breaks when the squeeze handles are pushed down- it pays to have them!) Rollators are great for support when shopping or walking, especially on uneven surfaces, and you can flip them around and sit on them when you have to wait on line somewhere in your travels. Sitting on it also makes riding in an elevator easier, as you are more stable and don't have to shift and adjust your leg joints to stay in place during the elevator's ascent or descent.

- SI (Sacroiliac) Joint Belt. I found mine at Simpson's Pharmacy in Pawtucket, and it cost about \$22. You can purchase them online at Amazon, but you'll need to know what size to get, and measure yourself. They are invaluable in helping your SI joint to stay together on car rides longer than 1/2 an hour, but especially on the multiple-hour trips. SI joints can slip out of place when taking sharp curves or making sudden moves to avoid accidents or objects on the highway. I have found they also help my hip joints stay in place.

- if you are seated in the front seats of a car, use the rearview or "makeup" mirror to talk to someone in the backseat, rather than attempting to turn around in your seat.

-if you don't have a handicapped parking permit, get one. If you have one, use it everywhere you park. It can save you a lot of walking.

- even if you don't use your rollator, walker, travel chair, or wheelchair, even if you only use a cane or don't even use anything to help you walk, absolutely use the handicapped bathroom stall. They have grab bars, more space, most times the toilet is higher than in the average stall - all of which mean less pain and dislocations- and many have a sink in the handicapped stall itself, which means less jostling or standing waiting to use the sink or hand dryer, or get the paper towels.

-travel chairs (also called transfer chairs) are basically portable wheelchairs that can be folded down to be more compact and be carried (by others!) and all 4 wheels are the same small size. The wheels are easily replaceable if they become warped or damaged. They are useful, though you cannot self-propel in them. You must be pushed. I got mine on Amazon and it was about \$125.

- take stops at least every 2 hours on trips. Get out, stretch, walk around to get the circulation going, and get some fresh air. Take off the SI belt to give yourself a little break from that 'strapped in' feeling, but remember to put it back on before you set out on the road again! That's certainly hard to do on a plane or train or bus, but you can get up and walk about carefully, walk to another car for a snack or bottle of water on a train, go to the restroom on a plane, anything to keep your joints from getting stiff from sitting in one space too long.

- If your neck is an issue for you, use a support pillow for your neck on a long trip. Some are shaped like doggy bones, some like the letter C, and others like the main part of a question mark. Some are memory foam, some micro beads, some foam, and some buckwheat, some filled with rice. Choose one that is comfortable and

supportive, and somewhat malleable because at one point it could be your neck acting up, another time your jaw, and they can double as a nice pillow for a little nap as you travel. (Just as long as you're not the driver!)

- having a seat belt handle easy-reach can help you fasten your seat belt without having to twist around, or twist your wrist, elbow and/or shoulder in order to reach your seatbelt behind your shoulder. They can be bought on Amazon for about \$8, or from mobility aid catalogs.

- if you can afford it, and travel a lot by car up and down the eastern seaboard, it is a help to have an "easy pass" for going through tollbooths. There's less stop and go, and jarring movements when you just have to go through tolls by slowing down, rather than stopping.

- request luggage transport wherever you stay overnight, even if your luggage is on wheels. Dragging even a wheeled suitcase behind you can pull your shoulder out of place.

- Always have water and your pain meds available however you may travel, as well as a few crackers or some dry cereal to help if your stomach acts up.

- if you're traveling to most tourist locations like theme parks, there are usually mobility aid companies nearby from whom you can rent motorized scooters. They will usually deliver it to your hotel, and pick it up when you're done. In the popular Florida locations like Walt Disney World and Universal Studios there are several to choose from. Walker Rentals in Orlando, FL is very reasonable and accommodating. You need to reserve your scooter, and there are many models to choose from.

- bring any assistive devices you use on a regular basis with you, like an All-purpose flip-top can/bottle opener, an oven rack assistive device, if you are going to be cooking while you're away. These can greatly help keep your back, shoulders, and finger joints in place! These can be bought on Amazon or from a handicapped assistance website.

- Make sure you carry emergency numbers with you when you travel, like anyone else should, but with EDS it's a good idea to have your list of issues and doctors who treat you listed, in case of emergency. If you have an insurance case manager, like the Blue Cross health nurse case managers, let her/him know you will be traveling.





KITCHEN SET UP/COOKING

One of my hobby cabinets, this houses Mason jars n serving jugs, as well as wine making n fermentation bottles



Using Mason jars to prepare drinks in advance and easy transport



Book cases are organized with books I use most at the top



Cabinets with food are in containers from Walmart, cost ranges between 75 cents to a dollar each. I organize categories off food, like grains, legumes, snacks, according to frequency of use



Higher cabinets contain least used items



Right above the stove are the most frequently used seasoning and oils, vinegar, salt etc.



This is a super foods cabinets, everything I need for smoothies, nuts and seeds, second shelf has coffees, nut butters and seasonings, third one has flours used almost every day for making tortillas and bread



This is a closer look at the grains and legumes



HOPE THIS HELPED GOOD LUCK FROM MULDOWNNEY PHYSICAL THERAPY.