

Everyday Task & Helpful Tool Planner

Start with the task, not the product. Use this worksheet to identify what is becoming harder, what part of the task causes trouble, and whether a simple tool or change might help.

Keep it practical: A helpful tool should solve a real problem, reduce unnecessary effort, or make a familiar task easier to manage. You do not need to buy something for every difficulty.

Task getting harder	What part is difficult?	What I do now	Tool or change that might help	Do I really need it?
Opening containers				
Reaching				
Dressing / shoes				
Bathing				
Sitting / standing				

What is making the task harder?

☐ Grip ☐ Reaching ☐ Bending ☐ Balance ☐ Standing endurance ☐ Vision / lighting ☐ Seat height ☐ Other: _____

One task I most want to make easier:

The simplest solution I can try first:

Helpful reminder: The best solution is often the simplest one that makes a real everyday task easier. Try to solve the problem first, then decide whether a product is actually necessary.