




Illness Warriors Quick-Start Guide

6-Steps to Arranging Your Life

Step	How	Notes
1. Eating 	Re-think meal prep	Think assembly, using already prepared foods, rather than cooked from scratch.
	Locate resources	Some grocery stores sell partially-prepared meals.
	Arrange for grocery delivery	Resources include Safeway , Instacart , or ask your local grocery store.
2. Transportation 	Arrange transportation for kids	Ask your tribe to help you. If you ask for something specific, you are more likely to get volunteers. Example: Can you drive me to the doctor at 11 am on Friday?
	Arrange transportation for you	
	Locate paid transportation	If you need extra help, search online for “non-emergency medical transportation services.”
3. Medications 	Set up reminders	10 Best Reminder Apps for Android MedSafe Pill Reminder for iPhone A review of some Reminder Apps
	Purchase medication trays	Daily and weekly styles are available
	Type up a list	For a medication template, please see our Illness Warriors Guidebook .