

Finding Hard-to-Spot Things

DO THINGS VANISH after you have set them down somewhere? Is the control button on an appliance impossible to locate? Are you not able to plug in an appliance because you can't see the holes in the receptacle or you can't make the plug fit into the holes?

These are all stressful situations that happen throughout the day. If you feel like screaming or crying, or maybe laughing, go ahead—it might make you feel less frustrated. When you've let off the steam, realize that you can still do these everyday tasks, but that you will do them in a different way that will probably take a little longer. Again, your sense of touch can come to your rescue.