



## Ataxia Tips

Real advice from real people living with Ataxia.

Refill travel-size shampoo and conditioner bottles instead of handling full-size ones. Smaller bottles are easier to grip and less likely to be dropped in the shower.

*Submitted by Shawn Barnett*

Use boat bags to carry items below the waist, keeping your arms free for balance. Holding things at chest height or in both hands can throw off your stability.

*Submitted by Patrick Callahan*

To feel more stable while standing, place your feet in a wide base, with one foot slightly in front of the other and your front knee slightly bent. This helps reduce wobbling.

*Submitted by Elissa Fisher*

I do the laundry by putting it in a bag and tossing it downstairs. After washing and folding, I carry the bag on my back and use double handrails to climb stairs hands-free.

*Submitted by Stephen Trusedell*

Gel pills can be frozen—this makes them easier to swallow, even the larger ones. It's a simple trick that really works.

*Submitted by Pam Wetzels*

**Disclaimer:** *The views and opinions expressed in these tips are those of the individual and do not necessarily reflect the views of the National Ataxia Foundation (NAF). Any medical information shared is based on personal experience and has not been reviewed or endorsed by NAF or a medical professional. Always consult with your own physician or qualified healthcare provider before making any changes to your care or treatment plan.*

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