

THE JOEL GOLDBIRSH  
**ALS HOME  
AND DAILY  
LIVING GUIDE**

A practical guide with tips, resources, information, and videos for people living with ALS and their caregivers



**Home Safety**



**Accessibility**



**Mobility**



**Transferring**



**Toileting**



**Bathing**



**Grooming**



**Dressing**



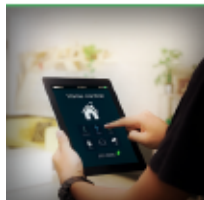
**Eating**



**Sleeping**



**Smart Home**



**Leisure**



[www.yourALSguide.com/daily-living](http://www.yourALSguide.com/daily-living)

Your **ALSguide**

ALS Hope  
Foundation 