

Energy Conservation is:

- a way to avoid fatigue by using common sense to find the easiest ways of doing your work
- a way to achieve a good balance between work, rest and fun

There are four major energy conservation principles that can be applied to almost any task or activity. (THE 4 P's)

1. **Plan ahead** - think through the task to be completed, can it be simplified, how can you make it easier? Is this the best time of day or the best place to do the task? Place commonly used items within reach.
2. **Prioritize** - what has to get done and what can wait for another time or another day? Can the task be done by someone else - delegate. Don't forget to schedule time/energy for leisure activities as well.
3. **Pace** - take planned rest breaks. It is best to rest before you are fatigued - a general rule can be a 10 minute rest every hour. Frequent short rest periods between activities are more beneficial than fewer longer ones.
4. **Positioning** - the position of body when participating in activities is important. Sit whenever possible, it uses far less energy than standing, avoid reaching overhead, and use good body posture to promote better breathing.

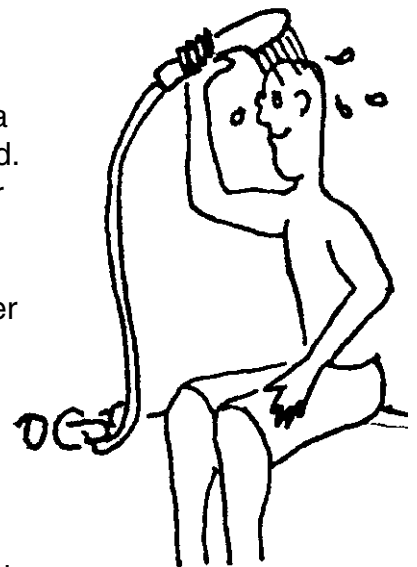
Examples To Help You Conserve Energy

Bathing/Grooming:

- If you are having difficulty in the shower or bath you might consider a bath or shower seat. Use a non-slip mat and have grab bars installed.
- Avoid having the water too hot. Use the fan or keep the window/door open to decrease humidity
- Be careful not to trip on oxygen tubing when getting in and out
- Avoid scented soaps, hairspray, spray deodorants and talcum powder
- Put on a terry cloth robe rather than using the energy to dry off

Dressing:

- Organize clothing beforehand/or the night before
- Sit down to dress
- Use dressing aids - long handled shoe horn, sock aid, dressing stick
- Wear comfortable clothes (not too tight) to help promote good breathing
- Wear slip on shoes or use elastic shoelaces

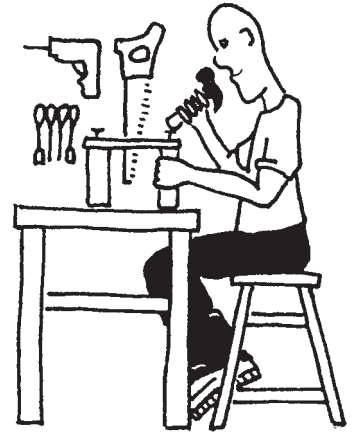


Mobility:

- Use a walker with a seat to take breaks and a basket to carry oxygen if needed
- A raised toilet seat helps if transferring on/off the toilet is difficult
- Carry your oxygen tank in a back pack

Meal Management: (cooking, grocery shopping)

- Sit to prepare food
- Use community resources (Meals on Wheels, Thrifty's grocery delivery, order food in)
- Use a trolley to move items from counter to table
- Microwave ovens save time and energy
- Use energy saving devices (food processors, electric can openers)
- Double or triple the recipe and freeze portions for when you don't feel like cooking
- Cook easy to prepare meals (one pot cooking, frozen meals)
- Slide rather than lift heavy pots/dishes
- Use a dishwasher/let dishes soak/air dry dishes



Housework:

- Delegate to others (homemaker, volunteer, family, friend)
- Clean one room each day - pace yourself
- Sit down to iron clothes/dust furniture
- Use a mask when dusting or vacuuming if dust bothers your lungs
- Use light weight bedding or raise your bed to prevent bending or making/make your bed while still lying in it and slip out the side

Yard Work:

- Delegate the heavy work to others
- Use raised beds for flowers and vegetables
- Use a wagon or wheelbarrow to haul debris or equipment

Leisure:

- Do not over exert yourself in the A.M. if you have a big activity in the afternoon
- Go to "non-smoking" establishments
- Reserve for meals out - prevents waiting in line-ups



REMEMBER

Try to balance your energy and strength supply between necessary work and pleasure - to more fully enjoy life!!!!!!