

Energy Conservation Techniques

Conserve Now...Save it for Later



Principles of Energy Conservation

- Balance Activity with Rest
- Plan Ahead
- Set Priorities
- Pace Activity
- Learn Activity Tolerance



The 4 P's: Planning, Positioning, Pacing, Prioritizing

Self-Care:

- Use a chair in the bathroom to sit at the sink
- Wear a terry cloth bathrobe to dry after a shower
- Use a long-handled bath sponge for feet and back
- Make sure your towel is in reach before you start your shower
- Adapt your bathroom:
 - Bedside commode or raised toilet seat
 - Safety grab bars
 - Tub bench or shower chair
 - Hand-held shower
 - Non-skid strips in bottom of tub, non-skid mat outside of tub/shower



Dressing:

- Gather all of your clothing for the day at one time
- Dress yourself seated or on the edge of the bed
- Wear larger clothing - it is easier to put on and off
- Put feet on a step stool to put on shoes and socks
- Use adaptive equipment
 - Use a long shoe horn, sock aide, and reacher
 - Dress affected extremity first and take it out last



- Wear shoes with Velcro or elastic laces
- Ease zipper use by adding a large paper clip or ring on the zipper

Cleaning:

- Use a reacher to pick up items from the floor
- Use light weight, long handled tools
 - Swiffer, long handled duster
- Use a cart or light weight basket to transport cleaning supplies
- Hire a professional cleaning service]



Meal Planning, Preparation, and Clean-up:

- Use a cart to bring grocery items from the car instead of carrying bags
- Look into grocery delivery (such as PeaPod) or meal delivery services
- Store items used most often in easy to reach locations (on the counter, middle shelves)
- Use pull out storage bins to avoid reaching
- Use lightweight pots and pans
- Use surface appliances rather than a low oven (such as toaster oven) when possible
- Use a small cart to transport heavy items
- Slide filled pots or heavy items (gallon of milk) along counter or stove instead of lifting
- When possible use electric appliances (blender, mixer, can opener, “Magic Bullet”)
- Wear an apron with pockets to carry items
 - If using a walker, use a walker bag, basket, or tray
- Before cooking, gather all supplies in one area
- Prepare extra portions for easy reheating
- Eliminate unnecessary steps:
 - Let dishes air dry
 - Use paper napkins/plates
 - Use prepared mixes or frozen foods to save from chopping
 - Soak pots immediately in hot water and detergent to eliminate scouring later



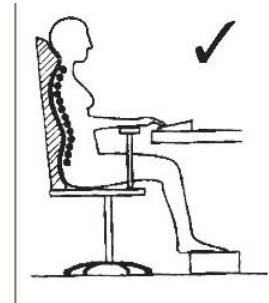
Laundry

- Sort, fold, and iron clothes while sitting at a table
- Pin socks together before washing
- Use fabric softener and wrinkle release to avoid wrinkles (eliminate the need to iron)
- Use three baskets to collect dirty clothes to avoid sorting later (whites, mediums, darks)
- Raise front loading washer/dryer on cinder blocks
- Separate laundry in mesh bags for easier sorting
- Use laundry “Pods”



Use Correct Body Mechanics to Save Energy:

- Sit and stand with good posture
 - Avoid bending over
 - Stand with feet apart and facing forward
- Lift with your legs and keep your back straight
- Avoid reaching overhead or away from body
- Push, don't pull; slide, don't lift
- If possible, use both hands to carry items
- When carrying items, hold them close to your body
- Adhere to precautions if you have any!



Pace Yourself:

- Take frequent breaks while walking instead of one long rest break
- Use slow, flowing movements, instead of fast, jerky movements
- Plan ahead to avoid rushing
- Allow for plenty of time
- Plan to spread activities out throughout the day/week
- Identify jobs that require the most energy and plan these during the time of day you have the most energy

Learn to relax:

- Notice when you begin to feel tired and rest before you fatigue
- Lie down, stretch, or take deep breaths
- Exhale should be twice as long as your inhale (ex. Inhale 2 seconds, exhale 4 seconds)
- Breathe in through the NOSE and out through the MOUTH
- Rest for 5-10 minutes

**Conserve energy on routine tasks
Save it for later.....For fun and recreational tasks!**