

Energy Conservation Tips

Plan Ahead:

Planning your day can save you time and energy!

- Schedule daily/weekly plans
- Determine when you have the most energy. You can use this time to cook meals for later or perform other tasks you know you will be too fatigued to complete later
- Plan rest breaks
- Alternate light and heavy activities

Prioritize Your Efforts

You can save energy by using it wisely and prioritizing your time!

- “Do I need to do this?” It’s okay if the answer is no!
- Decide which tasks can be done less often
- Which tasks do you need help with?
- Can you take turns with someone else?

Position Yourself

Set up your home and workspace in a way that helps you use less energy

- Sit whenever you can

- Keep frequently used items close to you
- Store items in places where you can limit bending, reaching, going up stairs
- Keep items in the same place to prevent hunting for the item later

Pace Yourself

- Break tasks into small steps
- Combine Activities (i.e. going through the mail, paying bills in same sitting)
- Use slow, smooth movements, especially when you’re using increased effort
- Avoid rushing!

Moving Smart

- Sitting and Standing
 - Low, deep, soft chairs are more difficult to rise from
 - To stand: Scoot to the edge of the chair and lean forward. Use chair arms or thighs to push up!
 - To sit: back up to chair, bend forward from the