

Energy Conservation

What is Energy Conservation?

- Energy conservation helps you decide important activities in your day to save energy and to make sure you do everything you need to do.



The 4 P's of Energy Conservation

PLAN activities in advance.

PACE yourself.

PRIORITIZE activities that are most important to you.

POSITION yourself to sit when needed.

The Four P's of Energy Conservation:

Planning: Plan ahead by thinking about what you need to do and how you want to do it. Think about tasks you can eliminate and consider combining tasks to simplify the activity. An example would be a plan to have all the items you need within reach before starting an activity so you don't have to make extra trips.

Pacing: Allow for additional time to complete tasks so you do not have to rush. Do not hold your breath and practice breathing strategies such as pursed lip breathing to ensure you are working at a moderate pace. Listen to your body and take frequent breaks if needed. An example would be to consider dividing a task into sections you can work on throughout the day or week.

Prioritizing: Decide which tasks are most important to you. Look for short cuts and consider performing these tasks first or during times of the day when you have the most energy.

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Positioning: Plan to sit during most tasks including dressing and grooming. Position commonly used items near you to avoid excessive reaching. An example includes sitting close to a counter top and propping elbows on your work surface for activities longer than 5 minutes to save energy.

Adaptive Equipment:

- Use electronic devices, such as an electric can opener or toothbrush, to decrease amount of steps for all of your smaller tasks throughout the day.
- Use long handled equipment, like a reacher or sponge, to help decrease amount of times you have to bend over.
- Use wheels to help you push heavier objects versus having to carry them, like using a push cart to move objects in between rooms.
- Ask occupational therapy about adaptive equipment you may benefit from.

EXAMPLES:

Dressing: Lay out clothes the night before; dress your lower body first while seated and stand once to pull clothing over hips.

Bathing: Use a robe to help dry off instead of using a towel; use warm water instead of hot to decrease amount of steam buildup that can make breathing difficult.

Shopping: Shop at the least busy times and have a plan prepared if you need to sit and rest.

Housekeeping: Clean one room at a time or one area per a day. Work with

Specific Recommendations for You: