

Suggestions for Energy Conservation
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Basic activities of daily living

Bathing

- ◆ Wash hair in the shower, not over sink
- ◆ Sit to dry off
- ◆ Use a terry robe instead of drying off
- ◆ Use shower organizer over the shower head to avoid leaning or reaching
- ◆ Use safety strips on the floor of the tub
- ◆ Install a grab railing
- ◆ Use a shower bench or lawn chair to sit while showering
- ◆ Use moderate temperature water, rather than hot
- ◆ Use long handled sponge or brush to reach feet and back

Grooming / hygiene

- ◆ Sit
- ◆ Don't lean forward unsupported
- ◆ Rest elbows on counter or dressing table
- ◆ Use long handled brushes or combs to avoid holding arms overhead
- ◆ Use elevated commode seat

Dressing

- ◆ Loose fitting clothes allow you to breathe more easily
- ◆ Organize early so you won't have to rush
- ◆ Lay out clothes before starting to avoid extra steps
- ◆ Bring your foot to your knee to apply shoes and socks so you won't have to lean over
- ◆ Wear slip-on shoes
- ◆ Use a long handled shoe horn and a sock aid
- ◆ Fasten bra in front then turn to back
- ◆ Wear button front shirts rather than pullovers
- ◆ Use a reacher and/or a dressing stick

Mobility

- ◆ Wear low heeled shoes
 - ◆ Wear shoes with a shock absorbent sole or insole
 - ◆ Use a wheelchair for long trips(the mall, etc.)
 - ◆ Maintain good posture when driving
 - ◆ Use cruise control if possible
 - ◆ Install hand rails
 - ◆ Install ramps
 - ◆ Place chairs strategically to allow rest stops(along a hallway)
 - ◆ Disconnect automatic door closing mechanisms
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Advanced activities of daily living

Housekeeping

- ◆ Spread tasks out over the week
- ◆ Do a little bit each day
- ◆ Delegate heavy work
- ◆ Hire help
- ◆ Use a wheeled cart or carpenter's apron to carry supplies
- ◆ Do whatever you can sitting down
- ◆ Use a long handled duster, mop, dust pan, etc.

Shopping

- ◆ Make a list first
- ◆ Organize the grocery list by store aisle
- ◆ Use the grocery cart for support
- ◆ Use a power scooter if the store has one
- ◆ Request store assistance with shopping and getting to the car
- ◆ Shop less during busy times
- ◆ Shop with a friend
- ◆ Delegate shopping

Meal Preparation

- ◆ Assemble all ingredients before you start
- ◆ Use mixes or prepackaged foods
- ◆ Use cookware you can serve from
- ◆ Use smaller appliances (mixers, toaster oven, microwave)
- ◆ Use electric knife and can opener
- ◆ Buy ergonomically designed utensils
- ◆ Transport items on a rolling cart
- ◆ Store frequently used items at chest level to avoid bending and stretching
- ◆ Line oven and burner drip pans with aluminum foil
- ◆ Sit while preparing food
- ◆ Rest elbows on table or counter
- ◆ Let dishes soak rather than scrubbing
- ◆ Let dishes air dry
- ◆ Use a dishwasher
- ◆ Delegate dishwashing
- ◆ Use a jar opener
- ◆ Use rubber mat or wet towel under mixing bowls to help steady while stirring or mixing
- ◆ Don't lift heavy pans off the stove, ladle the food out at the stove
- ◆ Use placemats instead of tablecloths, they are easier to place on the table, and easier to clean

- ◆ Use lightweight utensils
- ◆ Prepare double portions and freeze for later
- ◆ Leave heavy containers where they can be accessed without lifting (on the countertop, etc.)
- ◆ Drag garbage bags instead of lifting (or use wheeled can)

Laundry

- ◆ Use a laundry cart on wheels
- ◆ Use an automatic washer and dryer
- ◆ Sit to transfer clothes to the dryer, if possible
- ◆ Use commercial prewash instead of scrubbing
- ◆ Wash bras and socks in a lingerie bag to avoid tangling
- ◆ Drain hand washables and press the water out instead of wringing
- ◆ Sit to iron
- ◆ Adjust the iron board height
- ◆ Use an iron with a spray attachment
- ◆ Slide the iron onto an asbestos pad between times to avoid lifting
- ◆ Use a lightweight iron
- ◆ Hang clothes on the doorknob instead of the top of the door

Childcare

- ◆ Plan activities around the table or in the livingroom to allow sitting
- ◆ Instead of going to the zoo, go to the beach where you can sit or lie down
- ◆ Delegate some of the childcare responsibilities , if possible
- ◆ Take advantage of programs like Mother's Day out
- ◆ Teach smaller children to climb up on lap instead of being lifted
- ◆ Teach children to make a game of some of the household chores

Workplace

- ◆ Plan workload around your best times of the day
- ◆ Arrange workspace ergonomically
- ◆ Take periodic rest breaks

Leisure

- ◆ Wear comfortable clothing
- ◆ Use adaptive equipment
- ◆ Select less strenuous activities
- ◆ Go with a friend
- ◆ Use a wheelchair or golf cart