

## Helpful Contact Numbers

- Wiltshire Farm Foods  
01258 480180
- Home Farm Foods  
0800 783 9554
- Care Direct  
0845 345 9133  
(Lo-call) for information and advice to keep you independent, eg:
  - Pensions and benefits
  - Care and support
  - Equipment (eg, bed/chair raisers)
  - Social Services
  - Your Home
  - Organisations that can help you with other things
  - Disabled parking badges

If you require this leaflet in any other format, eg, large print, please telephone  
**01935 384590**

If you have any problems/queries, please contact the  
**Occupational Therapy Department**  
Tel: **01935 384438**

Yeovil District Hospital   
NHS Foundation Trust

# Energy Conservation & Work Simplification

*Occupational Therapy  
Department*

Energy conservation techniques involve using the least amount of energy in the most efficient way to manage daily activities and avoid becoming over-tired.

They are useful for people whose medical condition causes breathlessness, fatigue or general weakness.

This leaflet provides suggestions for organising and carrying out daily tasks to ensure a balance of self-care, work, leisure and rest.

## SELF-CARE

### Bathing

- Use a bath board or shower stool if you wish to sit down
- Use a terry-towelling bathrobe to soak up water on your body after bathing
- Take short showers or baths using warm **not** hot water when preparing to go out
- Save longer showers or baths for bedtime

### Grooming

- Allow enough time to groom 'in phases' so that you can take short rest breaks
- Use an electric toothbrush instead of a manual one
- Sit down when applying make-up/shaving

### STANDING

You use less energy to stand when your furniture is at a suitable height for you, ie, when sitting, your feet should be flat on the floor and your thighs slightly sloping downwards. Please contact Care Direct if you feel that your furniture needs raising.

## MEAL PREPARATION

- Using a microwave oven saves time and energy
- Avoid lifting heavy pans of food or water. Either remove food first by ladling the contents, or use a frying basket to lift contents
- Use an electric can opener
- Plan meals that are easy to prepare and clean up, eg, convenience foods/ Wiltshire Farm Foods
- Organise your kitchen so that everything is within easy reach
- If possible, serve foods in the same containers in which they are prepared
- Use a dishwasher
- Cook a double portion and freeze half for easier preparation another day
- Use pans with non-stick surfaces

## DRIVING AND SHOPPING

- Getting a disabled sticker will allow you to park closer to the shops
- Drive and shop when your energy levels are at their highest, eg, when medication effect is at its peak
- If you are tired after shopping, bring in perishable items first, others can wait

## HOUSEKEEPING

- Keep cleaning supplies in each area where they are needed to reduce the need to collect and carry
- Sit while ironing. Better still, buy clothes that don't need ironing!

## PLAN YOUR ACTIVITIES

- Pre-plan your activities; try a daily and/ or weekly schedule
- Make sure you do not do too many jobs on the same day
- Alternate heavy jobs with lighter ones
- Distribute heavy tasks throughout the week

## GETTING ORGANISED

- Organise your workspace
- Organise your activities and carry them out in the same way each time. The repetition of the same methods will make you more proficient and, therefore, save time and energy

**Analyse the jobs you do – can you break the task into steps? Can any steps be removed?**

## LIFTING/CARRYING

- Do not carry equipment if you can push or slide it
- Don't pull
- Keep a good posture
- Bend at the knees, not the hips
- Use both hands while carrying, where possible

## TAKE YOUR TIME

- Do not rush when carrying out jobs
- Take frequent rests – it is very important to prevent over fatigue
- Short rests are more beneficial than fewer long rests