

## Energy Conservation

This leaflet is available in large print and audio version  
- call 0800 0730510

This leaflet can be made available in other languages. If required please contact  
the Patient Information Co-ordinator on 0800 0730510

ਜੇਕਰ ਇਹ ਲੀਫਲੈੱਟ (ਛੋਟਾ ਇਸ਼ਤਿਹਾਰ) ਤੁਸੀਂ ਆਪਣੀ ਭਾਸ਼ਾ (ਪੰਜਾਬੀ) ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਕ੍ਰਿਪਾ ਕਰ  
ਕੇ ਪੇਸ਼ਟ ਇੰਨਫਰਮੇਸ਼ਨ ਕੋ-ਆਰਡੀਨੇਟਰ ਨਾਲ 0800 0730510 ਟੈਲੀਫੋਨ ਨੰਬਰ ਤੇ ਸੰਪਰਕ ਕਰੋ।

यदि आपको यह दस्तावेज़ अपनी भाषा में चाहिये तो पेशन्ट इनफरमेशन को-आरडीनेटर को  
टैलीफोन नम्बर 0800 0730510 पर फोन करें।

ਜੇ ਤੁਸੀਂ ਆ ਪਤਿਕਾ ਤੁਮਾਰੀ ਪੋਤਾਨੀ ਆਖਾ (ਯੁਝਤਾਨੀ) ਆਂ ਜੇਠਨੀ ਡੋਖ, ਤੋ ਕ੍ਰਿਪਾ ਕਰੀਨੇ ਪੇਸ਼ਾਣ ਈਨਫਰਮੇਸ਼ਨ ਕੋ-ਆਰਡੀਨੇਟਰਨੋ  
0800 0730510 ਪਰ ਸੰਪਰਕ ਕਰੋ।

আপনি যদি এই প্রচারপত্রটি আপনার নিজের ভাষায় পেতে চান, তাহলে দয়া করে পেশেন্ট ইনফরমেশন  
কো-অর্ডিনেটরের সাথে 0800 0730510 এই নম্বরে যোগাযোগ করুন।

إذا كنت ترغب هذه الوريقة مترجمة بلغتك الاصلية ( اللغة العربية ) , فرجاء ا اتصل بمنسق المعلومات للمريض  
0800 0730510 على التلغون Information Co-ordinator

حسب ضرورت اس ایف ایٹ کو اپنی زبان (اوردو) میں حاصل کرنے کے لئے براہ مہربانی ٹیلیفون نمبر 0800 0730510 پر ویسٹ انفرمیشن کو-آرڈینیشنر (مریضوں کے لئے معلومات کی فراہمی کے سلسلے  
میں افسر) کے ساتھ رابطہ قائم کریں۔

# Patient Information

---

## Energy Conservation

The aim of this information sheet is to provide you with useful information and tips to conserve your energy, and use your energy effectively for activities that are meaningful to you.

### Occupational Therapy (OT)

An Occupational Therapist (OT) will assess how an individual manages in their daily life, focusing upon Activities of Daily Living (ADLs) and the importance of the task to the individual. Activities considered are

- How you get washed and dressed
- Getting in/out of bed, out of your chair
- How far you can walk, managing the stairs
- Managing housework, cooking meals, going shopping
- Going out, meeting friends, visiting family

### What is Energy Conservation?

Energy in our body comes from food and oxygen, it is important to eat a balanced diet, the food we eat is digested and the nutrients stored in cells for future use. However an adequate level of oxygen is required to allow the energy in the food to be unlocked.

### Food + Oxygen = Energy

Energy conservation is about using your energy efficiently in your daily life; this can be achieved by changing the way you do things in order to conserve energy, for example, with equipment and services available, and by knowing your own limitations.

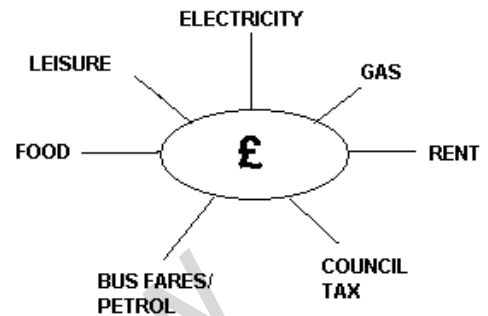
A good way to consider how you can use your energy effectively and efficiently is to break your daily life down into smaller components by considering the important tasks you wish to do in your daily life. The information now provided will be broken down into activities you may do in your daily life with energy conservation tips provided.

- What do I need to do today?
- Can I make a plan for the day?
- What time of the day do I have the most energy?
- What is my activity tolerance? – i.e. – How long is it before I get tired?

# Patient Information

---

Break down your day into smaller components in relation to what activities are important to you, like you would do in relation to your money.



## Personal Care

- Pace technique
- Be prepared – have all items to hand
- Sit down
- Avoid bending – use of helping hand and long handled shoe horn
- Towelling gown – save drying self
- Consider best time of day to complete full wash

## Kitchen activities

- Re-organise – regularly used items nearby
- Bulk cook meals and freeze for later date
- Slide heavy items rather than lift
- Avoid Bending

## Shopping

- Shopping list – plan your trip
- Ask for help – consider phoning in advance to inform supermarket you may require help
- Organise shopping bags – i.e. – freezer items all in one bag
- Do not overfill bags
- Internet shopping

# Patient Information

---

## Housework and Laundry

- Use long handled items – save bending
- Use upright Hoover (save bending) – consider one up and one downstairs (to save carrying)
- Sit down to iron

## Environment

It is also important to consider your own environment and the impact this can have upon your energy levels

- Furniture in property – amount and positioning of furniture and the height – ideal height will conserve energy
- Constant temperature – have a thermometer in the room. Central heating may dry the air, a bowl of water in the room will moisten the air
- Stairs – two rails on the stairs (opens up the chest), pace self, minimise the amount of times you use the stairs on a daily basis

## Services Available

- Family/Friends – may be able to help with shopping, cleaning
- G.P – assist with making referrals to appropriate professionals
- Local Social Services – assistance with personal care/equipment
- Ready Meal organisations
- Customer Services – Supermarkets

**The most important thing is to Achieve a Balance between WORK+ REST+PLAY+PLEASURE**



# Patient Information

---

If you require further information regarding our services, you can contact

Occupational Therapy  
Therapy Department  
The Dudley Group of Hospitals NHS Trust  
Telephone: 01384 244185

Under review

**Originator:** Jacqueline Bath, Occupational Therapist  
**Date Originated:** May 2008  
**Version:** 1  
**Date for Review:** May 2012