



## TIPS FOR CONSERVING ENERGY FOR SENIORS

### ENERGY CONSERVATION

Using less energy with daily tasks can help you have more energy to do more activities during the day. You might need to cut down on some of your activities or use energy-saving devices or techniques. If daily self-care or home care activities are too tiring, discuss this with your doctor.

✓ If you become tired during an activity, stop and rest. You might need to finish it on another day or when you feel less tired.

✓ Simplify your tasks and set realistic goals. Don't think you have to do things the same way you've always done them.

✓ Plan your activities (chores, exercise, and recreation) ahead of time. Space out your activities throughout the day. Do not schedule too many things to do in one day. Do the things that take more energy when you are feeling your best.

✓ If needed, rest before and after activities.

✓ Do not plan activities right after a meal. Rest 20 to 30 minutes after each meal.

*Ask for help. Divide tasks among family and friends*

### ACTIVITIES OF DAILY LIVING



Sit down to bathe and dry off. Wear a terry robe instead of drying off.



Use a shower/bath organizer to decrease leaning and reaching.



Use extension handles on sponges and brushes.



Install grab rails in the bathroom or use an elevated toilet seat.



Lay out clothes and toiletries before dressing.



Plan ahead to avoid rushing.



Minimize leaning over to put on clothes and shoes. Bring your foot to your knee to apply socks and shoes. Fasten bra in front then turn to back.



Modify your home to maximize efficient energy use. For example, place chairs strategically to allow for rest stops — for instance, along a long hallway.



Wear comfortable shoes and low-heeled, slip on shoes. Wear button front shirts rather than pullovers.

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### Housekeeping

- Schedule household tasks throughout the week.
- Do housework sitting down when possible. Use long-handled dusters, dust mops, etc. Use a wheeled cart or carpenter's apron to carry supplies.
- Delegate heavy housework, shopping, laundry and child care when possible.
- Drag or slide objects rather than lifting. If you do need to lift an object, use your leg muscles rather than your back muscles.
- Sit when ironing and take rest periods.
- Stop working before becoming overly tired.



### Meal Preparation

- Use convenience and easy-to-prepare foods.
- Use small appliances that take less effort to use.
- Arrange the preparation environment for easy access to frequently used items.
- Prepare meals sitting down.
- Soak dishes instead of scrubbing and let dishes air dry.
- Prepare double portions and freeze half.



### Shopping

- Organize list by aisle.
- Use a grocery cart for support.
- Shop at less busy times.
- Ask for help in getting to the car.
- Buy clothes that don't require ironing.



### Workplace

- Plan workload to take advantage of peak energy times. Alternate physically demanding tasks with less demanding tasks.
- Arrange work environment for easy access to commonly used equipment and supplies.



### Leisure

- Do activities with a companion.
- Select activities that match your energy level.
- Balance activity and rest. Don't get over-tired.



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