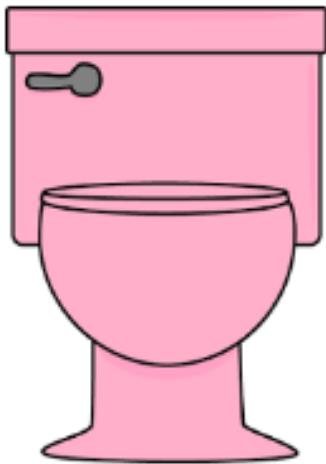


## Energy Conservation Strategies

Activities of daily living also known as “ADL's” can be limited by shortness of air. Energy conservation can improve comfort and maximize functional status.

### Ambulation:

- Walk a slow pace
- Place chairs throughout your home so you have a place to rest
- Use a rolling cart to transport items, instead of carrying
- Use your walking aid



### Toileting:

- Avoid waiting to toilet. Use the toilet on a schedule to avoid rushing and anxiety
- Consider use of a bedside commode

### Bathing:

- Use a bath stool or bench
- Use a handheld shower head
- Use long-handled sponges or brushes
- Use a terrycloth robe to help dry off after a shower





### Grooming:

- Sit down for grooming tasks
- Pick low-maintenance hair styles
- Allow hair to air dry or use hair dryer cap instead of blow dryer

### Dressing:

- Use slip-on shoes or no tie shoes
- Use dressing aids recommended by your therapy team
- Place your underwear inside your pants and pull them on together.
- Sit down while dressing
- Avoid clothes that are tight, or are difficult to put on



### General:

- Plan ahead and get organized
  - This will allow you to function at your own pace
  - Alternate easy tasks with more demanding activities
- Consider eliminating unnecessary tasks
- Prepare ahead of time for activities by resting and performing breathing exercises
- When possible:
  - Complete tasks using larger muscle groups
  - Use both hands to complete tasks
- Keep the room at a comfortable temperature for you
- Recognize when you need help, and don't be afraid to ask