

Occupational Therapy TOOLKIT

Tips to Conserve Energy with Self Care Tasks

Pace yourself and rest often.

Eating

- Eat slowly and fully chew food.
- Eat six small meals a day instead of three big meals.
- Do not eat gas-forming food. They can bloat your stomach and make it harder to breathe. These include peas, melons, turnips, onions, cauliflower, apples, corn, broccoli, cucumbers, cabbage, beans, and Brussels sprouts.

Grooming

- Sit to shave, comb your hair and brush your teeth.
- Support your elbows on the counter while grooming or shaving.
- Use an electric toothbrush and an electric razor.
- Wash your hair in the shower. Keep your elbows low and your chin tucked.

Bathing and Showering

- If you use oxygen during exercise, then use it when you take a shower.
- Allow plenty of time.
- Gather all the items you will need.
- Sit to bathe and dry. Use a bath chair in the shower.
- Limit bending. Use a long brush to wash your back and feet. Use a hand-held shower to rinse.
- Use a shower caddy and soap on a rope. Place soap in a nylon stocking tied to the shower seat or soap dish.
- Have a towel or robe nearby. Use hand towels because they are not as heavy. Put on a terry cloth robe to dry off.

Dressing

- Allow plenty of time.
- Gather all the items you will need.
- Sit to dress and undress.
- Limit bending. Put your foot on your other knee or use long-handled tools to put on pants, shoes and socks.
- Wear clothes that are easy to put on. Try slip-on shoes, stretch waistbands, and one size larger.
- Do not wear tight clothes like belts, ties, tight socks, girdles and bras.