

Energy Saving Tips

- **Bath/Shower**

Using a shower stool in the shower, or a bath board may be helpful if you have a shower over the bath. Toweling dressing gowns reduce the need to dry yourself. Use long handled washers to avoid the need to bend over.

- **Cooking**

Organise your bench space prior to cooking so that you have everything in easy reach. Use a stool to sit down. Prepare your vegetables in the morning so there's less work to do in the evening. Use a microwave for cooking to reduce time and effort. Make larger quantities of food to freeze.

- **Housework**

Prioritise what needs to be done and plan this into your day. Ask your family or whanau to help with tasks. Avoid lifting and carrying items, where possible use a trolley for transport i.e. washing. Consider using an electric blanket with lighter blankets to minimise effort making the bed.

- **Shopping**

Avoid carrying groceries or shoulder bags which can restrict chest expansion. A grocery trundler is a good option. Avoid shopping at peak times and keep a grocery list so you know exactly what you need. Online shopping is also a good option—Ask a friend or family member about this.

Now use the principles you've learnt to consider how you can adapt one of your daily tasks

Task	How I can change it

Don't forget to include activities that you enjoy in your daily routine in order to maintain your quality of life

Where to access further information:

For more information on energy conservation ask to speak to an occupational therapist.

You can also have a look at the Asthma Foundation for information sheets. <http://asthmafoundation.org.nz>

Energy for everyday activities

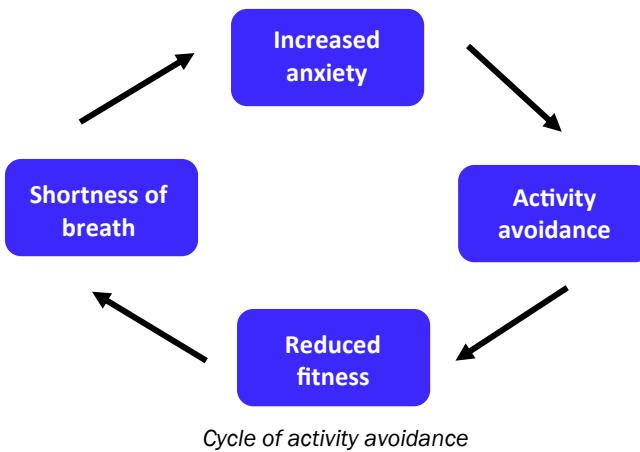
Energy saving tips for people living with COPD and bronchiectasis

Occupational Therapy

Why do I need to save energy?

With lung disease such as Chronic Obstructive Pulmonary Disease (COPD) and bronchiectasis , it's common to experience symptoms of shortness of breath, reduced exercise tolerance, fatigue and anxiety. This is because your body is no longer as good at getting enough oxygen.

Everything you do, from waking up to going to bed, is an 'activity' and uses some form of energy.



You may find that you start avoiding some activities and exercise because the feeling of breathlessness is unpleasant or frightening. Doing this will lead to reduced fitness and more shortness of breath with movement.

By learning to save energy, you will be able to perform many activities with less effort and less shortness of breath

How do I save my energy?

Saving energy means looking at your daily routine and carrying out activities in the simplest, least tiring way so that you have energy left for the things you want to



The Four P's of energy saving

Prioritise

- Identify tasks that are important for you to do yourself and tasks that your family or whanau can do or help with.
- Do your most important activities first so if you run out of energy, you have completed what needs to be done.
- Remove activities that are not necessary.

Plan

- Aim to complete activities that are more difficult (e.g. grocery shopping, vacuuming) when you have more energy or your medication is more effective
- Stay active within your limits and plan a realistic schedule for the day, week or month.
- Alternate heavy jobs with light jobs and distribute chores throughout the week.

Pace

- Break jobs down into smaller parts and spread them out over the day, work for 30–40 minutes at a time.
- Avoid rushing and take rest periods, especially when you're tired. Taking breaks during the day can save you energy for more enjoyable tasks.

Positioning

- Avoid standing for long periods of time. Sit where possible e.g. in the shower. You will save about 25% of your energy sitting instead of standing
- Set up your environment with everything you need in easy reach.
- Be aware of which movements cause you more shortness of breath (e.g. bending or reaching)
- Slide objects along a surface rather than lifting them

Remember: Energy is like money –
you've only got a certain amount, so
think about what you're spending it on!

