

Energy Conservation Strategy

- Prepare large meals and freeze in servings for later use.
- Use electric appliances such as can openers, blenders, food processors and a dishwasher to conserve energy.
- Use lightweight cookware and dishes to conserve energy.



Shopping:

- Bring a prepared list of items you need to buy.
- Organize your shopping according to your items location in the supermarket.
- Transport items in a shopping cart. Choose the cart according to the size and quantity of things to be purchased.
- Load and carry grocery bags that are only half-full or shop with someone who can help pack and carry bags.
- Avoid going out during rush hour when stores and streets are crowded.
- Consider using a delivery service.



Patient and Family Education

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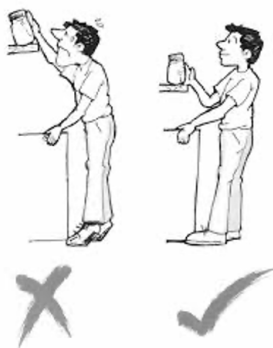
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Energy Conservation Strategy

Self-care tasks:

- Sit when you can.
- Organize and lay out clothing the night before.
- Begin dressing your lower half first as this uses more energy.
- Avoid bending and reaching. Instead, use a reacher, sock aid, long handled shoehorn, or lift your legs up onto the bed or chair.
- If you have a weaker limb or limbs, it is easier to dress the weaker limb first. It is easier to undress your strong limb first.
- Wear clothes that are easy to put on and take off. For example, use clothes and shoes with Velcro instead of small buttons, clasps or laces.
- Use the bathroom equipment recommended by your Occupational Therapist. For example using a bath bench, bath stool, grab bars or a raised toilet seat can make bathing and toileting easier and safer.
- Make use of electrical gadgets toothbrushes and shavers.



Housework:

- Clean one whole room at a time instead of going back and forth between rooms to do each job.
- Use long handled dustpans and cleaning sponges to reduce the need for bending.
- Make a weekly plan for major jobs such as laundry, cleaning and changing sheets on beds. Do one job each day.
- Keep a trashcan in every room to avoid too much walking.
- Spread the cleaning out over a week – by doing a different room every day.
- Use a trolley to transport your laundry to the washing machine.
- Arrange all items in a clear and organized way.
- Return items when done using them.
- Schedule a weekly time to clean and organize the activity areas.



Kitchen:

- Organize your kitchen so that everything is within easy reach.
- Avoid lifting heavy pans of food or water. Either remove food first by ladling the contents or use a frying basket to lift contents.
- Sit down to prepare vegetables, wash dishes and mix ingredients and use a tall chair if possible.