

ENERGY CONSERVATION TIPS

DRESSING

Organize and lay out clothing the night before.

Sit when you can

Begin dressing your lower half first as this uses more energy.

Avoid bending and reaching. Instead, use a reacher, sock aid or long handled shoe horn 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 buttons, clasps or laces.