ENERGY CONSERVATION POST-STROKE

HYGIENE AND DRESSING

- Sit on a chair with a backrest when getting dressed or completing personal care activities (e.g., shaving, brushing hair, brushing teeth)
- Use an electric shaver or electric toothbrush
- Plan out the outfit in advance
- Use aids when possible (e.g., sock applicator, reacher, shoehorn, bath bench, grab bars, raised toilet seat)
- Dress the weaker limb first and undress it last
- Dress lower body first as this uses more energy
- Wear clothes that are easy to put on (e.g., shoes with velcro instead of laces)
- Use warm, not hot, water when bathing. Steam from hot water can cause shortness of breath

SHOPPING

- Make a list of things you need in advance and organize this list by section in the store
- Avoid shopping during times when stores are typically busier
- Shop at a smaller grocery store to reduce the amount of walking required
- Consider a delivery service if available
- Transport items in the cart rather than carrying a basket
- Load bags half full to avoid letting them get too heavy

COOKING

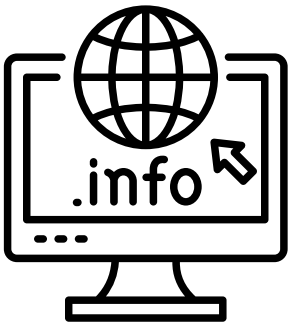
- Keep frequently used kitchen items in easy to reach places
- Plan meals in advance. Gather all ingredients or utensils you need before starting
- Sit while preparing food or washing dishes
- Make large meals in advance when you are feeling rested. Store them in the freezer for future use
- Use electric appliances (i.e. blenders, food processors) if it will make the cooking task easier
- Consider buying frozen or easy to prepare meals
- Use lightweight cookware and dishes to conserve energy

HOUSEWORK

- Clean rooms one at a time to reduce going back and forth into different rooms for tasks
- Divide cleaning up throughout the week to pace yourself
- Let dishes airdry after washing them
- Ask family/friends for help. Consider hiring a cleaning service
- Make one side of the bed at a time
- Slide or push objects rather than lifting
- Use lightweight cleaning tools to conserve energy e.g. lightweight or robotic vacuum
- Buy multiples of items and store them around the house. For example, keep sink cleaner in the bathroom and kitchen, or keep a vacuum on each level of the house.

LAUNDRY

- Use a long handle reacher to put items in/out of the washer and dryer
- Sit down to iron and fold your clothes
- Consider using a drying rack instead of a clothesline which requires you to reach overhead
- Avoid drying clothes outside when there is extreme temperature or weather
- Use laundry detergent packs or strips, or laundry powder with a scoop to avoid lifting heavy jugs of liquid laundry detergent
- Use fabric softener to reduce creasing
- Use a trolly to transport clothing to your washing machine/washing line
- If air drying smaller items consider using a ‘circular peg holder’ hung at a lower height to reduce the amount of times you are reaching overhead
- Have someone carry the laundry basket if you need to use stairs to get to your laundry room
- Consider using a wash and dry laundry service, or see if your home cleaning service also offers laundry service



For more information on Post-Stroke Fatigue scan the QR code or visit cesnstroke.ca/stroke-education-resources-for-patients/