

## Housework

Information for patients and families

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### Housework Tips



1. **Clean 1 room per day**



2. Leave **dishes** to **air dry**



3. **Family** can **help**



or consider a **cleaning service**

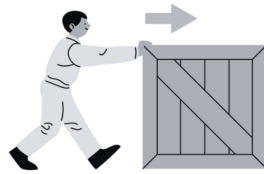


# Energy Conversation after Stroke Housework

4. Make **1 side of the bed** at a time



5. **Slide** objects

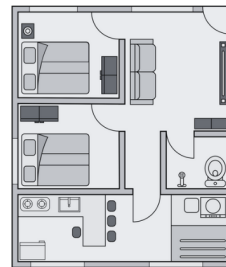


6. **Buy multiple items**



and put them in

**different area/rooms of house**



**More** information

Visit:



[cesnstroke.ca/stroke-education-resources-for-patients/](https://cesnstroke.ca/stroke-education-resources-for-patients/)

