

Energy Conservation

This leaflet is to advise you of the importance of energy conservation and provides practical tips to improve your quality of life.

Pacing

Always take into account your emotional, physical and energy levels at the start of each day before you plan your daily goals. Spread your tasks evenly over the day. Listen to your body and pace yourself by allowing plenty of time for each task.

It is important to plan rest breaks between tasks and recognise when you are feeling tired. Knowing the times during the day when you have more energy and the times when you have less will help you decide when to do particular tasks.

Don't do all your heavy tasks in one block. Spread these evenly throughout the day breaking them up with lighter tasks in between. Understand how to break tasks up into manageable chunks by developing an awareness of what levels and types of energy each task requires of you.

It may be appropriate to delay a task until another day if your energy levels are low. It may be the priority to have the energy to spend time with the family rather than a non-essential household task. Where possible, consider asking for help with more demanding tasks.

Adaptations

Devices and adaptations are available to help maintain your independence and make a difficult task easier, for example using an electric jar opener or fitting handrails in the home. Keep more frequently used items within easy reach and avoid placing heavy items in high or low cupboards.



Sleep

Sleep is a vital part of rest and recovery. The deep stage of sleep is important as it restores energy to prepare you for the following day. Avoid stimulating tasks up to two hours before bedtime, take a bath or read a book before bed. Having a regular time set for going to bed and getting up in a morning may also help.

Patient Advice & Liaison Service (PALS)

PALS staff are available to offer advice or information on healthcare matters. The office is in the Main Foyer (Gate 4) of Doncaster Royal Infirmary. Contact can be made either in person, by telephone or email. PALS staff can also visit inpatients on all Trust sites.

The contact details are:

Telephone: 01302 553140 or 0800 028 8059

Email: pals.dbh@dbh.nhs.uk

