

## Work Smarter, Not Harder

### Simple Things You Can Do to Prevent Fatigue

Hints for Health from Elara Caring



#### In the Kitchen

- ✓ Use **sliding shelves** or a **lazy Susan** in the back of cupboards for an easier reach.
- ✓ Store pans and dishes you use most often near the stove at **waist height**.
- ✓ Prepare **simple** meals... make extra for freezing and reheating.
- ✓ Use a **jar opener**.
- ✓ Wear an **apron with pockets** to carry around utensils and cleaning tools.
- ✓ **Rest** after you eat (the dishes will wait).
- ✓ Use paper plates and plastic utensils to cut down on dish washing.



#### Walking

- ✓ Walk at a **slow pace** (don't get in a hurry).
- ✓ **Place chairs** throughout your home for "rest stops".
- ✓ **Focus** on performing your steps "one at a time" and rest between if needed.



#### Dressing

- ✓ **Sit or lie down** to dress.
- ✓ Choose shoes that **slip on** and are secured with **elastic laces** or **Velcro®** (not floppy house slippers).
- ✓ Use **dressing aids** (long-handled shoehorn, sock aid, dressing stick).
- ✓ Wear clothes that are **loose, easy to put on**, and have few or **no buttons**.

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### Household Chores

- ✓ Keep laundry items at **waist height** and use a top loading washing machine.
- ✓ A **long-handled reacher** is your friend! Use it to pick up light weight objects from the floor or upper cabinets, and for dusting high or low places.
- ✓ Avoid bending over when sweeping by using a **long-handled broom and dustpan**.
- ✓ To make the bed, work on **one side at a time** while **sitting**.
- ✓ Use **lightweight** blankets.
- ✓ Position your bed so that there is plenty of room to move around the bed.
- ✓ Use a **rolling cart** instead of carrying items through your house.
- ✓ Consider **asking for help** with house cleaning or lawn service.



### In the Bathroom

- ✓ Use a **bath stool** or **tub bench** when bathing.
- ✓ Make sure the water is not too hot **before** entering bath.
- ✓ Use a **handheld shower head** and **long-handled brush**.
- ✓ Consider **sponge** bathing.
- ✓ Use a **terry cloth robe** after bathing instead of towel drying.
- ✓ Let hair **air dry**.
- ✓ Keep **hair shorter** to avoid blow drying and complex styling.
- ✓ Use **bedside commode** - especially if you tend to rush to the bathroom.
- ✓ Use an **electric toothbrush**.



### Plan • Prepare • Prioritize

- ✓ Don't be afraid to **ask** friends and family for help!
- ✓ Relax... Do things **slowly** and do not rush.
- ✓ **Sit** rather than stand whenever possible.
- ✓ Before starting a task, **gather** the items you'll need together in **one place**.
- ✓ Perform the **most difficult jobs** of the day when you feel your best.
- ✓ Choose stores that **do not have a lot of stairs**, and go when they are **not busy**.
- ✓ **Stay home** if you are not having a good day or are not feeling well.
- ✓ Plan just **one big activity** each day and allow time for resting.

Do you have questions or concerns?

We Can Help  
elara.com