

### **Box 3: Examples of Specific Energy Conservation Strategies**

*The following list includes energy conservation strategies described across a broad literature base. These are provided as helpful information and guidance in counseling people who have experienced a stroke; they should not be regarded as evidence-based recommendations.*

- Structuring the day to include a balance of activity and scheduled periods of rest; anticipating energy requirements for each task and for completion of high priority activities;
- Keeping an agenda of daily activities, planning higher energy activities immediately following a period of rest, planning activities a day in advance, anticipating energy requirements for each task, prioritizing tasks and energy requirements;
- Organizing the physical environment to minimize efforts to move around, reduce stair climbing, and have ready access to the most frequently used items;
- Sitting rather than standing when possible when doing chores (such as washing dishes or ironing);
- Teaching people who have experienced a stroke to use appropriate body mechanics, posture and sitting positions and locations (i.e. rest in bed, rather than in a chair);
- Establishing good sleep hygiene patterns, and avoiding sedating drugs and excessive alcohol;
- Using energy saving equipment and technology to reduce physical efforts (e.g., electric can opener, online shopping);
- Engaging in enjoyable vocational and leisure activities that are planned ahead to ensure the person who experienced a stroke is well rested prior to activities;
- Delegating activities that are low priority or can be done by someone else, such as family members;
- Developing a plan for healthy diet or proper nutrition to help with energy levels.