

Bathing, Grooming and Dressing

How to Conserve Your Energy

Grooming and hygiene

- Keep grooming supplies within easy reach.
- Sit as you work (at the sink or on the toilet). Rest your arms on the counter or sink to reduce your effort.
- Use electric items when you can (electric toothbrush, electric shaver).
- Choose a hairstyle that is easy to manage.

Bathing and showering

- Be sure that help is nearby if you need it.
- Bathing can be tiring. Plan to take a bath or shower when:
 - your energy level is high, and
 - any medicine you take is at its peak (the time when it's working best).

Or bathe at a different time of day to see if it saves you energy.

- Hot water can make you feel tired. You may want to adjust the water so there's not too much heat or steam. You can also take a shorter bath or shower.
- Gather all the items you need ahead of time.
- Keep supplies within easy reach. Use shelves or a shower caddy.

- Use a shower chair, grab bars and a hand-held showerhead. These save your energy and help prevent injury.
- Use a long-handled sponge to wash your lower body. This way, you won't have to bend.
- Holding your arms over your head can be tiring. Take breaks from washing your hair, so you can lower your arms.
- Use liquid soap or soap-on-a-rope. This keeps you from over-reaching or dropping the soap. (You can make soap-on-a-rope by placing a bar of soap in a nylon stocking.)
- If you use oxygen, keep using it while bathing. Get longer oxygen tubing if you need to.
- Stay seated while drying off.

Dressing

- Wear loose-fitting clothes that are easy to manage.
- Gather clothes ahead of time or the night before. This will save you time and energy later.
- Store clothes within easy reach.
- Don't rush. Allow plenty of time to get dressed.
- To save energy and avoid bending down, use adaptive equipment to dress your lower body. (You might try a reacher, sock aid, long shoehorn or elastic shoelaces).
- Start by pulling both underwear and pants over your feet while sitting. Stand to pull them both up at once (instead of standing up twice).
- To pull up pants without standing, stay seated and shift your weight from side to side as you pull the pants over your hips.

