

Running Errands

How to Conserve Your Energy

Shopping

- Keep your home stocked with basic supplies, so you make fewer shopping trips.
- When shopping for clothes and household goods, think about using catalogs or the Internet.
- Before you go out, plan ahead. Don't schedule too much in one day. Give yourself plenty of time, and find ways to make your day more efficient.
- Call ahead. Make sure that stores are open and have the items you need.
- Plan your weekly meals before making your grocery list. Save your grocery list to use for another week.
- Think about using a grocery delivery service (available over the Internet). Or try shopping at a grocery store that delivers.
- If you will go to the grocery store:
 - Ask if you can call in your order ahead of time.
 - Find a store that will bag your items and carry them to your car. Ask if they also provide scooters with baskets.
 - If you pack your own bags, use bags with handles. Pack lightly so you can easily carry them.
- Put dry goods in a separate bag. When you get home, you can put away the foods that need to be refrigerated. Take a break before putting the dry goods away.
- To carry the groceries from your car, use a rolling cart or bags with handles.
- If you need to carry bags upstairs, set the bags down and rest as needed.

Transportation

- Find out if you qualify for a handicapped parking permit for your car.
- Ask your social worker about handicap-accessible public transportation. Or check the Yellow Pages under "Disability Services," "Senior Citizens' Services" or "Medical Transportation." Local senior citizens or community groups (Kiwanis, Lions) may have other resources.
- Think about using the full-service lane at the gas station. Some gas stations charge a lower price for disabled people who use full service.

If you are deaf or hard of hearing, please let us know. We provide many free services including sign language interpreters, oral interpreters, TTYs, telephone amplifiers, note takers and written materials.