

Conserving Your Energy During Community-Based Activities

Energy conservation is a way for people with limited endurance and breathing difficulties to complete community based activities for themselves. Here are ways to conserve energy while enjoying community activities.

Using oxygen in the community

- Make sure tank is full prior to leaving.
- Make sure your oxygen carrier is functional.
- Wear oxygen at all times if ordered by your physician.

Using the car

- Pace activity and use pursed-lipped breathing as needed.
- Exhale when completing the strenuous part of the activity (i.e., getting out of the car).
- If sitting in the front seat, move the seat back as far as possible to allow for more space.
- Use full-service gas station whenever possible.

Using the bus

- Use bus schedule to determine bus arrival time. This will eliminate rushing or long waiting times.
- Enter bus at a slow pace.
- Hold onto rails when climbing the steps.
- Exhale when completing the strenuous part of the activity (i.e., stepping up on a step).
- Sit in the front of the bus to eliminate excess walking.

Movie theater

- Sit toward aisle or near the door.
- Bring cushion from home to increase seat height.
- Exhale when completing sit-to-stand.
- Get snack items before sitting down.

Beauty salon

- Have hairdresser shampoo and style your hair for you.
- Cover your mouth and nose to avoid fumes.

Bank

- Go to the bank during non-peak times to avoid lines.
- Have checks and bills made out ahead of time.
- Check into direct deposit and/or online banking.
- Use drive-through windows.

Restaurant

- Avoid smoking section.
- Try to sit in chairs with armrests.
- Try to sit in an area that is easily accessible.

Shopping

- Make shopping list so you don't have to go down each aisle.
- Shop at smaller grocery stores.
- Have groceries delivered.
- Go to full-service checkout lane to avoid bagging own groceries.
- Have bagger assist getting groceries into your car.
- Use a reacher to avoid excessive bending and reaching.
- Ask bagger to spread heavier items in different bags for lighter carrying.
- Purchase smaller sized groceries.
- Use proper body mechanics.