Task & Energy Saving Techniques

Daily Grooming
   Use a shower chair to conserve energy
   Groom while seated.
   Organize supplies and clothing to avoid back tracking thus conserving energy.

Home Management
   Perform laundry in smaller loads. Use laundry hampers on casters that allow for ease in rolling wet
   clothes from washer to dryer rather than lifting.
   Organize frequently used cooking equipment/ utensils to allow ease in reaching and reduces energy
   spent retrieving things from all over the kitchen.
   Use lightweight equipment rather than heavy vacuum cleaners or mops.

Shopping
   Plan shopping trips during the time of day that one has the most energy or at peak
   medication response times.
   Consider grocery stores that provide a “call-in” and pick-up service.

Parenting
   Arrange diaper stations to allow changing while seated.

Care of Pets
   Use elevated food container on casters.
   Use elevated feeding stations.
   Get a family member or hire someone to take pets for a walk.

Leisure Activities
   Perform more strenuous activities during peak medication response times.
   Learn early signs of fatigue and allow sufficient rest periods.
   Balance strenuous activities with ones that require less physical exertion.

Sexual Activity
   Plan sexual activities at times when concern for fatigue is not a factor.
   Utilize positions that require less energy for posture.

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