

1. Eliminate unnecessary tasks (Can someone else do this? Is it just a habit?)
2. Reduce the amount of energy used in one task to leave energy for additional necessary tasks (or is it really necessary?)
3. Look at the day ahead or the week ahead as a whole to help with pacing
4. Organize tasks (make lists)-i.e. what do I need to do in this one room?
5. Schedule most strenuous activities during periods of highest energy
6. Alternate strenuous tasks with easy tasks
7. Divide larger tasks into smaller, sequential tasks
8. Combine tasks to minimize the number of trips (What else do I need from this location?)
9. Minimize whenever possible (How clean is clean?)
10. Rest frequently but avoid very low chairs
11. Take Naps
12. Can this task be accomplished sitting down so I have energy for things that must be accomplished in standing? i.e. Chopping veggies vs. standing at the stove
13. Use long handled reaching tools, gardening tools etc. to take it easy on your back and diminish the need to shift out of your center of gravity
14. Use jar openers, gripping tools
15. Use large barreled pens/pencils to reduce grip force
16. "Good Grips" kitchen tools
17. Prioritize your exercise program-increased strength and endurance will offer greater strength and endurance later on for performing your daily activities
18. Work smarter not harder!
19. Pay attention to the clock and plan how long you think you can focus on a task. Cognitive fatigue influences physical fatigue and visa versa
20. Balance, visual deficits and emotional stressors affect physical endurance and quality of movement

THE HURRIER I GO, THE BEHINDER I GET....OLD AMISH SAYING