

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.

Reviewed for publication by the Medical Advisory Board of the Myasthenia Gravis Association of Western Pennsylvania. 2009