

Tips for saving your energy and securing the safety of your home

There are many tips to help you save energy. For example, alternating periods of activity and rest, and remembering only what is essential to do, can allow you to organize your daily life in a flexible way, adjusted to your strengths and needs. This way you save energy!

There are ways to organize your environment by making it more accessible and safe. You can also check what can be rearranged, for example, the lighting, the bathroom, the kitchen and your bedroom. Pay special attention to the floors and stairs.

By revising certain behaviour habits, such as avoiding unnecessary travel, and using a walking aid if necessary, and consulting an occupational therapist, that way you can take advantage of the energy you save and reinvest it in activities that are good for you.

- The organization APPUI has some suggestions for securing your home.

<https://www.lappui.org/en/practical-advice/navigating-the-administrative-process/staying-at-home-moving-to-a-residence/preventing-falls-in-the-home/>

<https://www.lappui.org/en/practical-advice/understand-the-situation-of-the-person-i-am-caring-for/alzheimer-s-disease-and-other-neurocognitive-disorders/alzheimers-disease-and-safety-in-the-home-a-few-tips/>

And lastly, your community local services center as well as various health professionals (e.g. an occupational therapist, physiotherapist, nurse, etc.) can also provide you with more information and useful advice to maintain a good quality of life at home.