

## After Meal Clean Up

1. Rest after your meals before starting to clean up.
2. Have everyone clear their own place setting.
3. Use a trolley to transport items any distance.
4. Use garbage disposal, empty bins frequently or have a family member do it.
5. Your washing up bowl should be at a comfortable height, if needed a rack can be placed under it to raise it up.
6. Wash dishes in a circular motion.
7. Let dishes soak to eliminate scrubbing.
8. Let your dishes air dry.

## Shopping and Meal Planning

1. Organise your shopping list to correspond with the layout of the supermarket.
2. Shop when the store is not busy.
3. Get help reaching for high and low items and for carrying heavy items.
4. Ask the assistant to pack shopping lightly and with cold and frozen food together.
5. Make several trips to bring shopping into the house, taking cold and frozen food first and return after you have rested for the remainder.

## Housework

1. Break up chores over the whole week, doing a little every day.
2. Clean a different room each day.
3. Sit down to dust and use a long handled duster.
4. Use a light weight vacuum cleaner, where possible.
5. Use long handled cleaning attachments on the Hoover.
6. Use a mop to clean up spills instead of bending over.
7. Pick up items off the floor using a long handled reacher.

## Laundry

1. Sit to iron, sort clothes and fold the laundry.
2. Transfer wet clothes into dryer a few items at a time.
3. Get help to fold large items such as sheets.
4. Buy clothes that are easy to wash and require little ironing.
5. Use a trolley to take washing outside to hang it up.
6. Use a low washing line to avoid reaching up – then prop up washing line with poles.

### Hours of Business

Monday to Friday 8.30am to 4.30pm

Patients attend between 10.30am and 3.00pm

### Out of Hours Support

While in the community, the General Practitioner is responsible for the medical care of the patient. However, patients and families/carers may contact the Hospice for telephone advice on the following number - **0141 435 7011**

### Transport

Transport to and from the unit is provided by the Hospice Mini-Bus for those patients attending for the day. Patients attending for individual appointments require to provide their own transport. Details of attendance days and times of collection and return by the mini-bus are discussed at the initial assessment visit.

### Regulation of Care

If you are dissatisfied with the service in the Edwina Bradley Day Hospice, you may complain directly to Christine Hill, Executive Office Business Manager, Healthcare Improvement Scotland, Gyle Square, South Gyle Crescent, Edinburgh, EH12 9EB  
Phone 0131 275 6000 (reception)  
Email christine.hill2@nhs.net

### St Margaret of Scotland Hospice

East Barns Street  
Clydebank  
G81 1EG

Tel: **0141 952 1141**

Direct Line: **0141 435 7005**

Out of Hours: **0141 435 7011 (Ward)**

## ST MARGARET OF SCOTLAND HOSPICE

## EDWINA BRADLEY DAY HOSPICE Occupational Therapy



## Energy Conservation Practical Advice and Examples

Saint Margaret of Scotland Hospice, founded by the Sisters of Charity in 1950, is at the heart of the Community providing wholeness of care for both body and Spirit.



St Margaret of Scotland Hospice Day Rehabilitation Unit provides support, advice and care for those who have a progressive life-threatening illness and require specialised care.

The areas covered by the service are G3, G11, G12, G13, G14, G15, G60, G62, G81 and parts of G20 and outwith Glasgow, as far as and including Dumbarton

The Day Rehabilitation Unit is led by Assistant Director of Nursing, Sister Kathleen Nelson. The service complements the care given by the patient's own General Practitioner, district nurse and other Health Care Professionals.

The nursing staff and Allied Health Professionals who work within the unit are registered practitioners with a special interest/specialist knowledge and experience in palliative care. Also available within the team is a qualified Counsellor, Hospice Chaplains, a complementary therapist, an artist and a hairdresser. The staff also have full access to the expertise of other members of the Hospice multi-professional team.

**Philosophy of Care** - The provision of care within the Day Rehabilitation Unit takes account of the uniqueness of the individual and their culture, is patient centred and designed to meet the changing and complex needs of patients and carers.

**Energy Conservation** - Energy conservation is important as breathlessness and fatigue mean you will become more tired more quickly, therefore the less energy used per task allows you more tasks per day.

***Remember to use proper breathing techniques  
Rest frequently, avoid over-exertion  
When in doubt, breath out***

### **Bathing and Showering**

1. Consider taking a bath later in the day or in the evening – allow plenty of time.
2. Gather all the necessary items you will need, including your clothes. Keep items in easy to reach places.
3. Use a chair in your shower.
4. Sit to undress, bathe, dry and dress.
5. Avoid over reaching, use a long handled sponge or hand towel to wash back and feet.
6. Install grabrails and non slip mat to help keep balance.
7. Decrease amount of steam by turning cold water on first and slowly adding hot.
8. If your doctor has prescribed the use of oxygen during exercise, then use it in the shower.
9. Make certain the bathroom is well ventilated.
10. Have towel or robe nearby. Avoid the task of drying by putting on a terry towelling bathrobe to soak up the water.

### **Grooming**

1. Sit when possible.
2. Avoid aerosols and strong scents.
3. Short, easier haircuts or having your hair done professionally will simplify hair grooming.
4. Wash hair in shower, keep elbows low and chin tucked.
5. Support elbows on counter while grooming.
6. Do not hold breath, such as when shaving.
7. Use an electric toothbrush.

### **Dressing**

1. Before starting, gather all clothes, shoes etc. into one area.
2. Remember breathing techniques – inhale when reaching and exhale when bending.
3. Sit down to dress – either on the bed or in a chair.
4. Dress the lower half of the body first.
5. Minimize bending by crossing one leg over the other or use a step to put on socks, pants and shoes. Alternatively, long handled dressing equipment prevents bending.
6. Put underwear and trousers on at the same time and pull up together in one stand.
7. Wear slip on shoes and use a long handled shoehorn to assist or use elastic laces to eliminate the need to tie lacing shoes.
8. Dress the upper body last and use front fastening clothing.

### **Cooking**

1. Cook larger quantities and freeze individual portions.
2. Prepare part of the meal ahead of time.
3. Use recipes that require short preparation time and little effort.
4. Gather all necessary items before beginning.
5. Sit to prepare the vegetables, mix ingredients and wash dishes.
6. Make one dish meals.
7. Avoid peeling and other preparation by using pre packaged fresh or frozen products.
8. Serve food directly from the baking dish.
9. Use electrical equipment as much as possible.