



Energy Conservation Strategies

It is very common to experience fatigue with ALS – your body is working harder to complete daily tasks, attend appointments, and make important decisions. These energy conservation strategies can help you continue doing the activities and experiences you enjoy while limiting your fatigue.

1. PLANNING

Take time to plan out your day or week to make sure you have time for important tasks and events.

Strategies:

- Schedule high-energy activities for times in the day when you have more energy and limit the number of high-energy activities you schedule in a single day or week.
- Alternate between high-energy and low-energy tasks and schedule breaks into your day. Remember that emotional, intellectual, and physical tasks can all influence your energy levels!
- Be aware that extreme temperatures (such as weather or bathing) can influence your energy level.

2. PRIORITIZING

Prioritize using your energy for the activities that matter the most to you – you don't need to 'Do It All'.

Strategies:

- Use **assistive devices and mobility strategies** to decrease the amount of energy needed for everyday tasks.
- Be open and honest with the people around you about your fatigue levels throughout the day so they can assist you with completing or modifying high-energy tasks as needed.

3. PACING

Energy conservation isn't always about doing less – it's about using the energy you have more wisely.

Strategies:

- Break large tasks into smaller pieces and take breaks.
- Monitor your energy levels and take short breaks **before you begin to feel tired**.
- Do activities at a slow and steady pace – this will use less energy than rushing.

4. POSITIONING

The way you set up an activity has a significant impact on how much of your energy it requires.

Strategies:

- Set up all of the items you will need to complete a task within reach before you begin.
 - Sit down to accomplish tasks (e.g., showering, cooking, dressing) whenever possible.
 - When you are sitting up in a chair or in bed, use positioning strategies such as tilt or recline to decrease the amount of energy your muscles use.
 - Set up your living environment to be accessible for your daily activities. Keep your most-used belongings in one room and avoid lifting, reaching, and bending as much as possible.
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