



Home/leisure

- Sit down on a stool to wash up or do other household chores
- Organise your cupboards so that the things you need on a regular basis are close to hand
- If you constantly struggle with every day activities, ask the O.T if there is a gadget which might help.
- Use your strongest joints to carry items, ask for help when needed
- Organise your computer station to be efficient, and take frequent rests
- Make sure you maintain a good posture when you are doing your hobbies
- Before going out, take a rest and plan ahead e.g. Find out where the nearest car park, bus stop is etc.

If you would like some additional advice, please contact your Occupational Therapist. Remember the Physiotherapist may also be able to design you a programme to increase you fitness and stamina levels

Department of Rheumatology

Physiotherapy 0121 333 8221
Occupational Therapy 0121 333 8213

Data Protection

We collect information about our young people and families relevant to their diagnosis and treatment. We store it in written records and on computer. We may have to share some of your information with other people and organisations. If you have any questions and/or do not want us to share that information with others, please talk to the Adolescent Rheumatology team or contact PALS (Patient Advice and Liaison Service) on (0121) 333 8403/8611.

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NRG Saving tips!
A guide to making your energy go further...

Adolescent Rheumatology Advice...
guide
for young people

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NRG Saving Tips

When you only have a limited amount of energy it's important that you use this efficiently so that you are able to do the things you really need or want to do. By working efficiently you can minimise your tiredness and make your energy go further.

Thinking and planning ahead is probably the most important tip to remember. Some activities you will need to do e.g. go to school, and some activities you may really want to do e.g. go to a party. To begin with, forget about non-essential activities and concentrate on the most important ones. Once you've worked these out, organise your day so that you alternate heavy and lighter activities in order to ensure that you have enough energy left.



General advice

- Take regular rests, pace your self and allow lots of time to do activities
- Avoid postures which increase levels of fatigue e.g. bending and reaching. Make sure your shoulders and neck stay relaxed
- Sit rather than stand
- Don't put added stress on yourself, deal with any worries.
- Reduce activity levels during hot weather and keep yourself cool
- Get a good nights sleep — ask the therapist for a sleep leaflet
- Relax, breath deeply, and avoid holding your breath during difficult tasks

School

- Sit rather than stand during classroom activities. Ask the O.T. about perching stools
- Ask the teacher if you can have a special pass which allows you to go to the front of any queues
- Keep heavy books and PE kit in a locker and carry only those things absolutely necessary. Use a rucksack if possible and wear it on both shoulders
- Minimise walking up and down stairs
- Walk at a nice steady pace which can be maintained rather than walking fast and then having to rest
- Sit directly facing the teacher to avoid excessive turning and straining
- Minimise writing effort by using thick pens or roller balls and not pressing too hard
- Take regular rests, only ask to stay in at break if you really need to
- Sit comfortably in your chair with your back supported, feet flat on the floor.
- Consider a science stool with a back rest. Ask the OT about this
- In technology, organise your work space to avoid reaching and bending
- Get a lift to school so that you are energetic for class. Walk home with your friends if you have enough energy



You can achieve what you want... you may just do it a little differently to other people

Plan, plan and plan some more

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