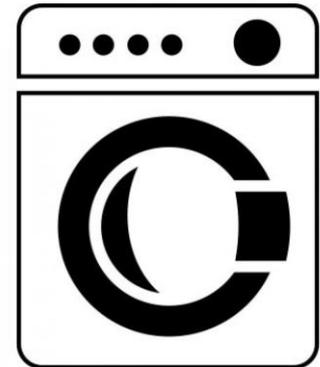


Household tasks

Laundry

1. Kneel or sit on a stool to load or unload your washing machine and tumble dryer.
2. Keep your washing basket handy on a small box or stool. This saves unnecessary bending and stretching.
3. Do more small loads to reduce the weight; remember wet washing is heavier than dry washing.
4. Get other people to do their own clothes.
5. If you use a clothes line, use a clothes prop so you don't have to reach too high to hang the clothes. If you have a rotary line, stand on a low, stable stool and then turn the line.
6. Put the basket on a stool to avoid bending when hanging washing on the line. Use a trolley to wheel the basket to the clothes line, or buy a laundry basket on wheels.
7. If you have stairs, put the dirty laundry into a bag and throw it down the stairs to save carrying it. Take the clean laundry up a bit at a time.



Ironing

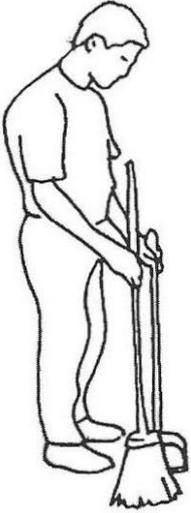
1. Sit on a perching stool instead of standing.
2. Leave the ironing board set up, and do small amounts at a time.
3. Set the height of the ironing board low enough so that you don't have to raise your shoulders.



4. A steam iron often needs less pressure than a non-steam iron, and some people find using a steamer or trouser press easier than ironing.
5. Buy clothes that need a minimum of ironing, and don't iron what isn't essential.

Housework

1. Spread tasks over the week/month. Prioritise and plan ahead.
2. Vary tasks to vary positions. Alternate heavier tasks with easier ones.
3. Choose a lightweight vacuum cleaner – rechargeable models are often the lightest.



4. Have a vacuum cleaner upstairs and downstairs to save carrying.
5. Avoid twisting when vacuuming, move your legs rather than overstretching your shoulders.
6. Use a long handled duster and a long handled dustpan and brush to reach low and high places. A steam mop can be easier than a traditional mop and bucket.
7. Choose furniture that doesn't show the dust quickly, or place a cloth over a glass coffee table, for example.
8. Clean in areas where you are; for example, wipe surfaces in the bathroom when you are there, clean the shower or bath while you are in it.

Making Beds

1. If possible, kneel to change/make the bed to avoid bending.
2. Try to keep the environment clear so that you can get to the bed without over-reaching.
3. Consider using fitted sheets and lightweight bedding.

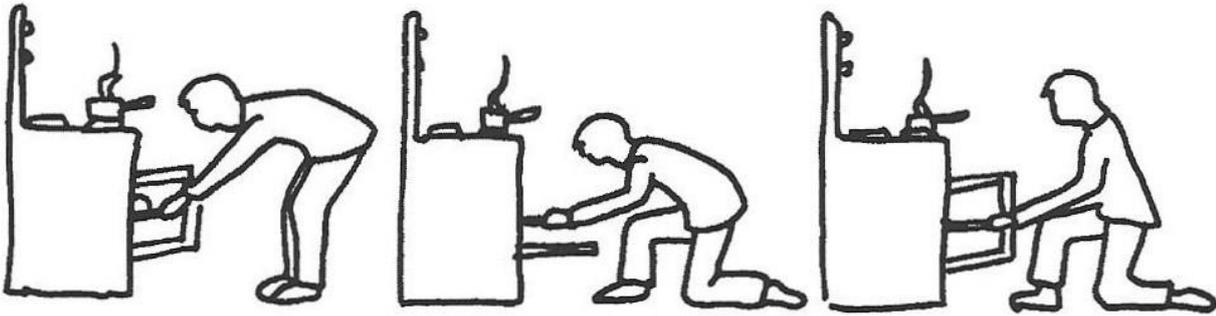


Meal preparation

1. Reorganise cupboards and shelves so that the things you use are easy to reach and at a manageable height.
2. Keep heavy appliances at waist level.
3. Use a high stool or chair to sit and carry out tasks such as peeling vegetables or washing up. A perching stool may help – ask your Occupational Therapist for more details.
4. Stand as close as possible to the work surface to save unnecessary bending and reaching.
5. Try to stand with one foot slightly higher than the other when at the sink or workbench; for example, place one foot in the cupboard under the sink or on a block. This will reduce tension in the lower back.
6. Slide heavy objects along the worktops rather than lifting.
7. Fill pans with a lightweight jug of water. Use a basket (like in a chip pan) to cook vegetables in so you only have to lift the basket rather than tip the pan. Alternatively, use a steamer.
8. Use a travel kettle, or only put into the kettle what you need to make the drink. Some people find one cup heaters useful instead of a kettle. Kettle tippers can also be useful.
9. Use gadgets to reduce effort such as an electric tin opener, and a food mixer.
10. Plan meals so you know what preparation is needed and choose easier meals on busy days.
11. Spread food preparation out throughout the day to avoid more work at a time when you are already tired.
12. Cook larger quantities and freeze for days when you have little energy/time.
13. Buy ready chopped vegetables – fresh or frozen.
14. A trolley can help with moving items, and reduces the need to carry hot things.
15. Put insulation foam around cutlery handles to make them easier to use. This is a cheaper option than buying special cutlery.
16. Put a rubber stopper on the end of a ruler or a dowel. Use it to push microwave, television, and other buttons.



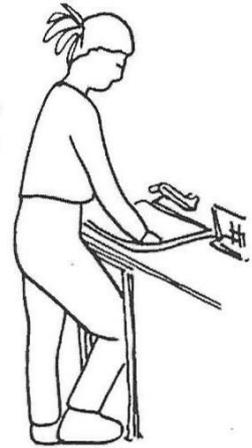
17. When putting things in and out of the oven, bend your knees to lift safely. Alternatively use a low stool to sit on, or to place hot items on, to reduce the amount of stretching and lifting.



18. Microwave/convector ovens can be easier to manage than a standard oven as they reduce bending.

Washing up

1. Sinks are never the correct height for everyone in the household. Place a second bowl upside down under the top one if the sink is too deep or too low.
2. If you have back pain you may find putting one leg on the bottom shelf of the cupboard under the sink, or on a low stool, may help.
3. If you use a dishwasher, position yourself so that you can remove and place items without twisting. Sit on a chair beside the dishwasher if it is easier. Unload items as you need them or in small amounts.



Shopping

1. Carry a folded bag in your handbag (or man-bag!) so if it gets too heavy you can take items out and carry separately.
2. Use the same shop so you can find things easily and make your list based on the layout of the shop.
3. Use the store's shallow trolleys to avoid bending.
4. Do smaller shops more frequently, and use smaller stores to reduce walking.
5. Don't over-pack bags which will then be too heavy to lift out of the trolley.
6. Distribute items between bags to reduce the weight when carrying. Carry two evenly weighted bags on either side, or one bag in your arms, close to your body.
7. Use a shopping trolley to avoid carrying heavy items.
8. Internet shopping can be a great alternative.
9. Many town centres have shop-mobility schemes which allow you to use a mobility scooter or wheelchair for a minimal cost.
10. Community Transport can often help with door-to-door transportation to shops.



Further information

For ideas of equipment and tips:

www.livingmadeeasy.org.uk

Lots of ideas and tips for all aspects of daily life, with equipment suggestions.

www.askSARA.org.uk

Answer a few questions about the difficulties you are having and receive a tailored report with suggestions.

Community Transport and Shop-mobility:

- West Norfolk Community Transport: www.wnct.co.uk
- Fenland Community Transport: www.fact-cambs.co.uk
- Fenland Community Car schemes (for local villages):
www.fenland.gov.uk/article/2715/Community-Car-Schemes

Shop-mobility:	King's Lynn:	01553 770310
	Norwich:	01603 753350
	Peterborough:	01733 313133

