

Energy Conservation: Bathing & Showering

Before you begin, remember to:

1. Use controlled breathing (breathe in through your nose and breathe out through pursed lips) while washing and drying.
2. Coordinate your breathing with movement (exhale during exertion) – e.g. exhale while lifting leg over tub.
3. Use oxygen as prescribed during the entire activity.

Sit whenever possible to conserve energy— e.g. on a shower chair or stool during washing, on the toilet or rollator during drying.

Pace yourself:

- Maintain a relaxed pace and take rest periods as needed.
- Wash one body part at time
- Use slow and steady movements.

Use a terrycloth bathrobe or pat yourself down (instead of vigorous toweling) when drying. You can use more than one towel to dry yourself.

Minimize steam:

- Use only warm water (not steaming hot)
- Turn cold water on first
- Ensure proper ventilation – turn on fan, open window, leave bathroom door open, keep shower curtain/door partially open

Consider the products being used:

- Liquid soap is easier to use than bar soap
- If bar soap is preferred, consider placing it in a mesh bag or soap on a rope
- 2-in-1 shampoo can help to eliminate extra steps
- Use unscented soap/shampoos

Use assistive bathroom equipment:

- Long-handled sponges to reduce the amount of bending and reaching
- Grab bars in bath/shower area for extra support. Ensure proper installation.
- Non-slip mat for increased safety
- Hand-held shower head (with shower holder) or height-adjustable showerhead for more control and convenience while washing

Obtain assistance if required for all or part of washing. Consider talking to a family member or getting a personal support worker.