HOME SAFETY & ENERGY CONSERVATION

Home Safety & Energy Conservation

Denise, MS, OTR/L · Occupational Therapist

1 Pace the Day

Spread demanding tasks through the day and week. Plan rest before you become very tired, so you have energy for the activities that matter to you. Allow time to avoid rushing. Tell your care team about new or worsening fatigue; sudden new weakness or another stroke warning sign needs emergency help.

2 Prepare Before You Start

Gather supplies within safe reach. With help, move frequently used items from low shelves or high cabinets to a safe counter or reachable shelf. Ask someone to move heavy items. Plan the route, task and required assistance before beginning.

3 Simplify the Task

Choose priorities and use only aids that have been recommended and demonstrated. A reacher may help with some tasks; it does not replace the help or supervision in your care plan.

4 Use a Comfortable Setup

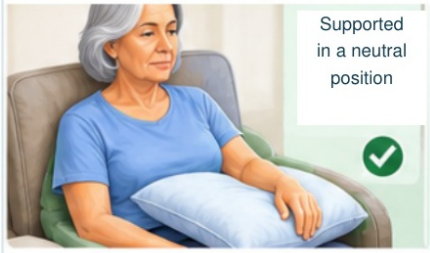
Use the sitting, arm support and task position taught by your therapist. Sitting for a task may conserve effort when it is safe for you. Avoid forcing a rigid posture or changing prescribed supports.

5 Reduce Home Hazards

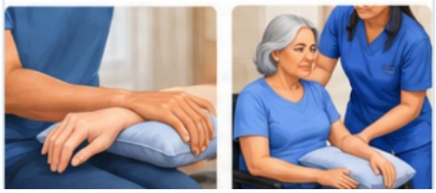
Keep pathways clear of cords and clutter. Improve lighting and consider professionally fitted grab bars or stair rails where needed. Review trip hazards, night routines and access to help with the care team.

6 Make Bathing Safer

Use recommended shower or tub equipment and the taught transfer method. Keep supplies within reach and reduce wet-floor hazards. Never use towel bars or unapproved fixtures as grab bars. Do not bathe alone if your care plan requires help.

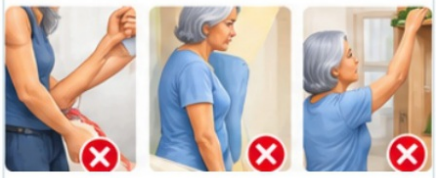


Supported Arm



Support at elbow and wrist.
Keep the arm close to the body.

Safe Handling



Unsupported / forceful positions

Function · Participation · Independence

At home

Follow your care plan.
Ask for a demonstration.
Check the help needed.

Practical Tools for Confident Stroke Care

FUNCTION
PARTICIPATION
INDEPENDENCE

HOME SAFETY & ENERGY CONSERVATION

Make the Plan Work at Home

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1 Everyday Example — Fictional; Follow Your Care Plan

Preparing for a shower is tiring. The person and helper gather supplies first, use the recommended chair and transfer plan, and allow time for rest. They ask the therapist to check the bathroom setup before attempting an unfamiliar method.

2 Questions to Review with the Occupational Therapist

Which tasks should I sit for? What equipment and help do I need? Which supplies should be moved? What should I do if my needs or symptoms change?

3 Emergency Distinction

Sudden new weakness, speech or vision change, severe loss of balance or a severe unexplained headache may be another stroke. Call 911 immediately, even if symptoms improve. Do not wait for a routine appointment.

4 Selected Sources

Centers for Disease Control and Prevention. Preventing Falls and Hip Fractures. https://www.cdc.gov/falls/prevention/index.html (accessed October 5, 2026). National Institute for Health and Care Excellence. (2023). Stroke rehabilitation in adults (NG236), recommendations on fatigue, self-care, equipment assessment and caregiver training. https://www.nice.org.uk/guidance/ng236 (accessed October 5, 2026).

5 Educational Use & Printing

General education; follow individual medical, mobility and swallowing instructions. Print on US Letter at Actual Size or Fit to Printable Area and check a test page. Color and grayscale layouts are supported. Clinicians may print for direct education; do not forward, post or resell the digital file. © 2026 Denise, MS, OTR/L.

6 Your Priorities Matter

Tell the occupational therapist which daily activity you most want to do more easily. Ask for instructions in the form that helps you most: a demonstration, pictures, written steps or supported communication. You can ask for more time, a rest or another explanation.



Stroke Signs



Medical Review



In a chair

Chair Position

At home

Follow your care plan.
Ask for a demonstration.
Check the help needed.

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