

Activities of Daily Living

Your Everyday Activities



Activities of Daily Living

First edition

Developed by Allina Health.

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For specific information about your health condition, please contact your health care provider.





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Activities of Daily Living

Breathing Strategies



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Pursed-lip breathing looks like you are blowing out a candle.

Tip

If any exercise causes you discomfort, stop and try again later.

One way to help you feel better is to pay attention to your breathing so you can breathe in a more regular and deeper pattern. This will help you feel relaxed.

You can do these breathing exercises anywhere and as often as you like. Try them the next time you go to the grocery store!

❑ Pursed lip breathing

Think of this as an exercise to control your breathing, forcing out the old air so you can take in new air that has fresh oxygen.



A

B

- When doing an activity, think about breathing through pursed lips during the hardest part of your activity.
- To do pursed-lip breathing:
 - Inhale (breathe in) through your nose with your mouth closed. (A) (Breathe through your mouth if you are having trouble.)
 - Exhale (breathe out) through your mouth with your lips pursed (puckered). Blow out the air slowly. (B)
 - Exhale twice as long as you inhale. For example, inhale to the count of 2 and exhale to the count of 4.

❑ '1 to 2' breathing

Pay attention as you exhale, breathing out twice as long as you inhale (breathing in).

- Close your eyes. As you focus on your breath, say to yourself "1" as you breathe in through your nose and say "1 and 2" as you breathe out through pursed lips.
- After about 10 breaths in and out, open your eyes and notice how you feel.

Relaxation Exercises

Do the following exercises while sitting in a quiet room. Close your eyes. Pay attention to your breathing. Do these exercises as many times a day as you'd like.

Shoulder release

- Tighten your shoulders by lifting them up toward your ears. Let them go as high and tight as they will go and breathe in through your nose. (A)
- Slowly drop your shoulders with a sigh as you breathe out through your mouth. Imagine your muscles letting go. (B)
- Repeat at least 3 times.



A



B

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Head turn

- Breathe in through your nose as you slowly turn your head to the left. (A) Only go as far as you feel comfortable. Try to look over your shoulder.
- Breathe out through your mouth as you turn your head to the right side. (B)
- Repeat at least 3 to 6 times.



A



B

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Neck stretch

- Breathe in. Tip your head to the left so your ear moves toward your shoulder. (A) (Do not lift your shoulder.) Breathe out.
- Breathe in. Tip your head to the right. (B) Breathe out.
- Your shoulder muscles should start to soften.
- Repeat at least 10 times.



A



B

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Shoulder stretch

- Put your hands on top of your shoulders. (A) Breathe in.
- Move your shoulders backward in circles. (B and C) Breathe out.
- Gently stretch your neck side to side. Breathe in and out.
- Bring your hands down. Rest. Breathe normally.
- Repeat at least 3 to 6 times.



A



B



C

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Tips for Breathing Easier

You will feel less short of breath if you use breathing techniques. Practice and use the techniques below when you are involved in any activity so you can do more tasks with less shortness of breath.

Here are some tips on how to breathe easier.

- Take several deep breaths into your belly before you start any work or task.
- Breathe in (inhale) before each strenuous movement.
- Do the activity while you breathe out.
- Breathe out twice as long as you breathe in. For example, inhale 2 seconds and exhale 4 seconds.

Between activities, take extra deep breaths if you feel you need to. Then resume the breathing patterns as soon as you can.

You may find all arm movements above your shoulders to be difficult. Also, reaching over your head or reaching down may cause you to get tired.

Coordinate your breathing with moving






Use the chart on page 9 to learn how to breathe while you do specific activities.

You can also use these breathing tips for:

- **household tasks:**
making the bed, doing the dishes, cleaning windows, picking up items, straightening up, washing the floor, mopping, doing laundry and moving furniture
- **exercises:**
breathing, draining the bronchi and relaxation
- **garden work:**
cutting hedges, picking fruit and berries, digging, raking leaves and weeding
- **hobbies:**
playing golf, sewing or bowling
- **personal hygiene:**
getting dressed, brushing your teeth

How To Breathe Easier

Call 911 if you have sudden problems breathing, have blue lips or if you feel confused.

<p>Breathing</p> 	<p>Standing, Climbing</p> 	<p>Reaching</p> 	<p>Pushing</p> 	<p>Lifting</p> 
<ul style="list-style-type: none"> ■ Take extra breaths between tasks if you need to. Return to your breathing patterns as soon as you can. <ul style="list-style-type: none"> — Take several deep breaths before you start any task. — Breathe in (inhale) before each movement. — Do the movement while you breathe out (exhale). — Breathe out twice as long as you breathe in. For example, inhale 2 seconds and exhale 4 seconds. ■ Wear your oxygen as directed. 	<ul style="list-style-type: none"> ■ How to stand up from a chair: <ul style="list-style-type: none"> — Take a deep breath. — Rise to your feet when you breathe out through pursed lips (like blowing out a candle). ■ How to go up stairs or walk up a hill: <ul style="list-style-type: none"> — Take a deep breath. Do this before you start to climb. — Breathe out through pursed lips and climb two to three stairs or take two to three steps. — Stop and rest while you breathe in with your diaphragm. — Keep climbing in the same way. 	<ul style="list-style-type: none"> ■ How to reach: <ul style="list-style-type: none"> — Take a deep breath. — Breathe out through pursed lips. Reach up or down. ■ How to shave or comb your hair: <ul style="list-style-type: none"> — Take a deep breath. — Breathe out through pursed lips. Lift your arms and shave or comb 2 or 3 strokes. — Lower your arms and rest while you breathe in (use your diaphragm). — Keep shaving or combing in the same way. ■ Try not to reach over your head or bend down. 	<ul style="list-style-type: none"> ■ How to push a broom, vacuum cleaner or lawn mower: <ul style="list-style-type: none"> — Take a deep breath. — Push the object while you breathe out with pursed lips. — Stop and rest while you breathe in (use your diaphragm). — Keep pushing in the same way. 	<ul style="list-style-type: none"> ■ How to lift: <ul style="list-style-type: none"> — Take a deep breath. — Breathe out through pursed lips, lift the load, and set it down.

❑ **Breathe to relax**

- Put your hand gently over your belly button.
- Imagine you have a balloon underneath your belly button that you blow up when you breathe in (inhale).
- Breathe in through your nose and pull the air deep into your lungs. Feel your stomach expand, like a balloon blowing up.
- Your shoulders should not raise up while inhaling.
- Breathe out (exhale) through pursed lips (like a whistle).
- Feel your belly go in, like a balloon deflating.
- With each slow, deep, breath, let the relaxation spread down through every part of your body, from your head to your toes.

Practice in front of a mirror to see if you are using the correct technique. Practice relaxation for 5 to 10 minutes 1 or 2 times each day.

❑ **Focus on your breathing and relaxation**

Stress — physical or emotional — can stop your body's ability to heal. When you thoughtfully relax, the tension in your body and mind can begin to melt away. Just spending 10 to 20 minutes once or twice a day relaxing can help restore your energy.

Start a new routine as you lie down to sleep: focus on your breathing. Breathe in. As you breathe out, say the words silently, "I am..." Breathe in and breathe out, "I am..." Go slowly so you do not hyperventilate.

- Imagine your breath in goes into the tight muscles of your head. Imagine you can feel the tension and stress from the muscles of your scalp relax with each breath out.
- Breathe in as if your breath can go right into your scalp muscles. As you breathe out, say to yourself, "I am..."
- Breathe in to your forehead. Breathe out, "I am..."
- Breathe in to your face. Breathe out, "I am..."
- Breathe in to your neck and throat. Breathe out, "I am..."
- Breathe in to your shoulders. Breathe out, "I am..."
- Breathe in to your arms, hands and fingers. Breathe out, "I am..."
- Breathe in to your chest. Breathe out, "I am..."
- Breathe in to your belly. Breathe out, "I am..."
- Breathe in to your hips and pelvis. Breathe out, "I am..."
- Breathe in to your thighs. Breathe out, "I am..."
- Breathe in to your knees. Breathe out, "I am..."

- Breathe in to your lower legs. Breathe out, "I am..."
- Breathe in to your feet. Breathe out, "I am..."
- Breathe in to your toes. Breathe out, "I am..."
- Breathe in and imagine deep roots extend from the soles of your feet. Imagine they extend into the earth as you breathe out, "I am..."
- Keep breathing in and breathing out, "I am..." a few more times.

Deep Breathing

Deep breathing goes all the way into the belly, expanding your lungs. To breathe deeper, use your belly muscles as well as your chest muscles.

Find a quiet place, turn down the lights and close the door. Try to get rid of noise and other distractions. Sit in a chair that supports your back.

☐ **Technique No. 1 (soft belly)**

1. Breathe in through your nose as deeply as possible. Think the word "soft" as you breathe in.
2. Push your belly out as you breathe in. (A)
3. Let your breath out through your mouth, slowly and completely saying the word "belly" as you breathe out. (B) Bring your belly in as you breathe out.
4. Rest and repeat these steps 10 times.



A



B

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❑ Technique No. 2 (lung squeeze)

1. Breathe in through your nose.
2. Breathe out through your mouth slowly and completely (like you are blowing out a candle).
3. Pause and squeeze out more air. Do not breathe in yet, just push your breath out for a few seconds and out again.
4. Breathe in through your nose, slowly and completely.
5. Breathe out through your mouth, slowly and completely.
6. Breathe in and repeat steps 2 and 3.
7. Rest and repeat these steps 3 times.

Practice Guided Imagery

Try one of the following relaxation exercises anytime you feel tense during the day. Find a quiet room. Remove all distractions and turn off the lights. You may play soft, soothing music.

Use your imagination to help you breathe easier.

Guided imagery helps manage pain and distress, giving you a better sense of well-being and helps your body heal.

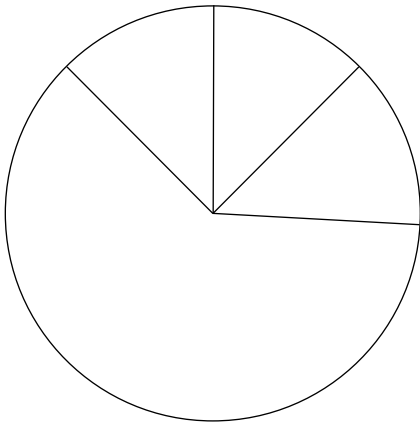
- Think about a pleasant or restful place. It can be anywhere:
a beach, a cabin or the woods, or a safe place at home.
- Let happy thoughts of your favorite scene or place relax you.
- Close your eyes and picture that scene or place.
- Focus on the sights, sounds and smells of your favorite scene or place as you relax.
- Let your body relax and your breathing become deeper.
- Imagine your favorite scene or place.



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Imagine your favorite scene or place.

Save Your Energy



Your energy budget

Take care of yourself to make sure you have enough energy to manage all areas of your life:

- care of yourself
- medical care
- care of others
- community
- work, volunteering.

The top priority during your recovery needs to be taking care of you:

- set realistic expectations
- ask for help when needed
- take care of your needs
- adjust expectations when needed.

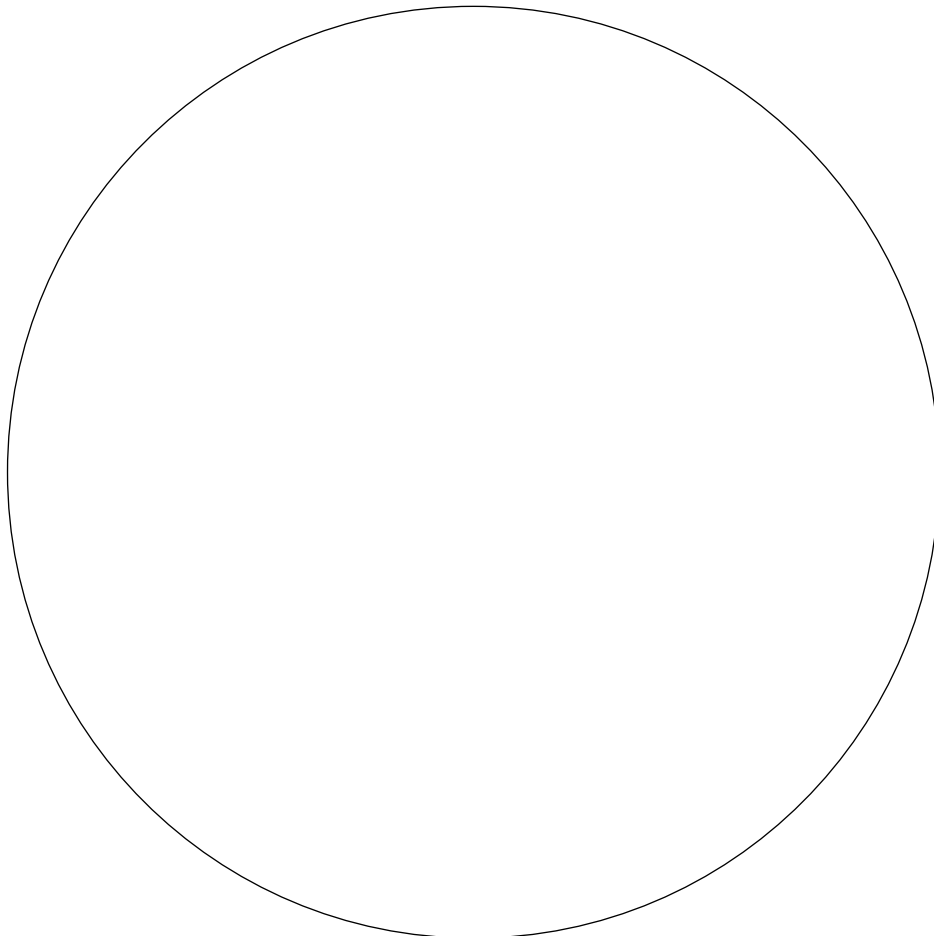


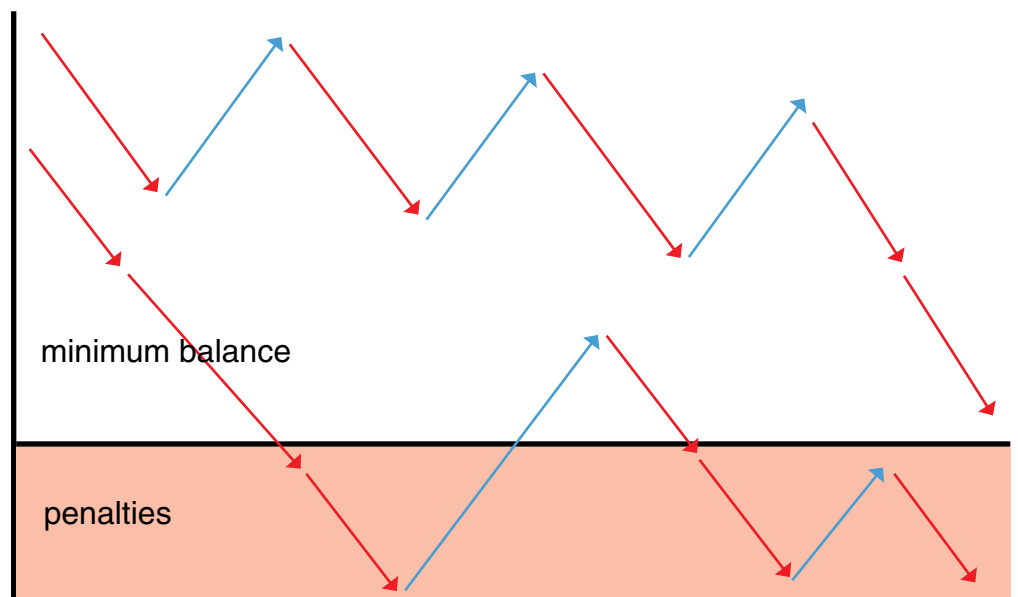
Chart your energy budget.

Your energy budget is like a checking account

Your balance varies from day to day, based on the “expenses” and “deposits” put in. You have a minimum balance. If you fall below that mark, you experience “penalties.”

Penalties can:

- be physical such as increased pain
- affect thinking such as difficulty concentrating or having memory errors
- affect your mood such as an increase in irritability.



Saving your energy means:

- reducing the effort you put into everyday tasks
- stopping doing some tasks
- resting more
- you will have energy to spend on the activities you want.

The following are ways to save your energy.



Organize your living and working spaces

- Move the items you use the most so they are easy to get.
- Replace heavy items with lighter ones. Use plastic plates and cups instead of your regular dishes.
- Move items from high shelves to lower ones. Adjust your living space so most of what you need is on the first floor, if possible.
- Adjust your work space so it fits you. Bad posture will drain your energy.
- Use assistive devices to help you (such as a jar opener, long handles on faucets or a cart). If you are able, install pull-out or swing-out shelves or cabinets. Use an electric can opener.
- Wear an apron or use a rolling cart to hold items you use while doing chores.
- Slide items instead of lifting them.

Plan ahead

- **Schedule time for activities and exercise.** Try not to hurry. Rushing around takes more energy.
- **Plan for rest.** Schedule rest breaks. Take a break before you get tired.
- **Use waiting time to relax.** Instead of being stressed by the wait at the checkout line or in traffic, use the time to practice relaxation breathing.
- **Schedule time for you.** Plan time for hobbies and activities you enjoy. Lunch with a friend can reduce your stress and boost your energy.
- **Plan for meals.** Cooking can be simpler if you plan and prepare ahead of time. Make a double batch and freeze extra portions for later.
- **Gather your supplies.** Gather your supplies for your task so everything you need is in one place.
- **Plan for shopping.** A list will eliminate trips for forgotten items. Go to the store during the least busy times. Use a wheelchair or scooter at the store.
- **Get out of the fast lane.** When possible, avoid rush hour. Schedule appointments and errands at other times.



- **Stay flexible.** Even the best plans may need to be changed.
- **Keep a journal.** Write down the tasks or times during the day that cause you to get tired.

Pace yourself

- **Move slowly and easily.** Stop and rest often. Do not rush.
- **Use your energy wisely.** Identify when your energy level is best and use this time to your advantage. If you get fatigued in midafternoon, try cooking and doing housework earlier in the day. Save the midafternoon for lighter activities or a nap.
- **Find a balance.** Do not try to do everything all in one day. Spread housework over the whole week, balancing heavy and light chores.
- **Set reasonable goals** and make them realistic. For instance, clean only one room a day or decide to just dust.
- **Find shortcuts.** Combine shopping trips with errands when you can. Avoid having to backtrack.
- **Climb stairs safely.** You may need take up to 4 deep breaths before you climb stairs, “double step” to use less energy, put a stool at the landing to rest, or avoid carrying heavy loads.
- **Use a step stool** or sturdy climbing device when you reach for an object.



Make priorities

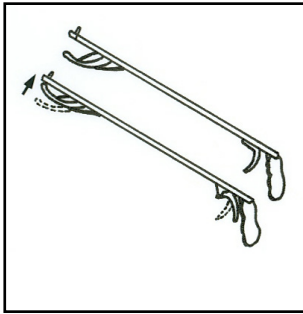
- **Evaluate your priorities.** What do you have to do, and what do you want to do? What can you eliminate or simplify? If you never seem to have time for the things you enjoy, maybe you need to re-evaluate priorities.
- **Delegate work.** Have family members or friends help with housework. Have groceries delivered. Have employees carry your bags to your car. (Your community may offer services to help with meals, rides or chores.)
- **Eliminate or reduce tasks that are not important.** Leave your bed unmade or let the dishes air dry. Use your energy to do something you want to do, instead of things you feel you have to do.
- **Consider hiring lawn care or cleaning services, if you are able.**
- **Recognize your limits** and just say “no.”
- **Learn to let go.** Do not be a perfectionist. If you enjoy entertaining, have people over for dessert or a potluck instead of a five-course meal. Let others help you.

- **Simplify your life.** Buy easy-care, wash-and-wear clothes so you do not have to iron and hand wash items.
- **Sit instead of stand.** If shaving makes you tired, put a mirror on the table and rest your elbows. Sit on a high stool to iron or cook.
- **Make your health your No. 1 priority.**

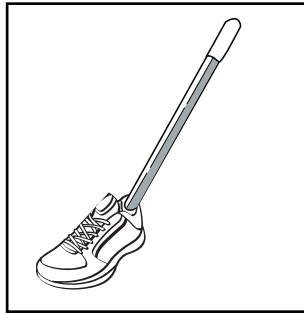
Talk with your occupational therapist or member of your health care team if you have questions.

Consider Using Equipment to Save Energy

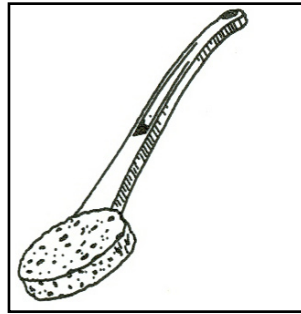
Equipment can help you save energy. You can find these items at medical supply stores, discount stores or local pharmacies. See examples on the next 2 pages.



long-handled reachers



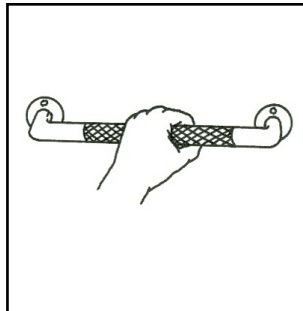
long-handled shoe horn



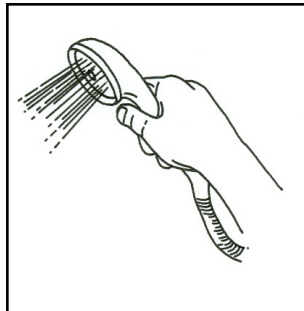
long-handled sponge



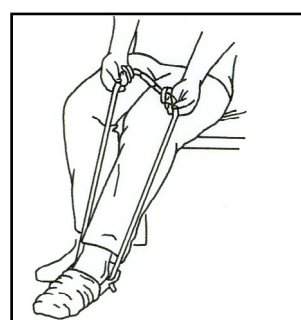
raised toilet seat



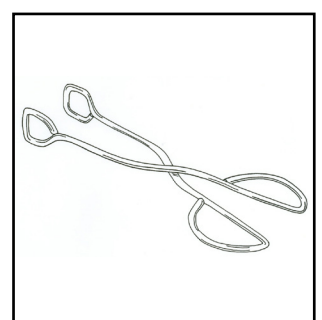
grab bar for bathroom



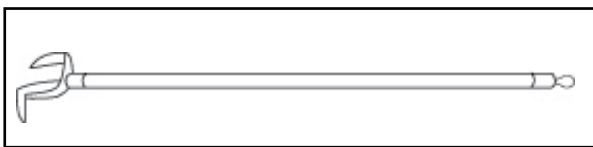
hand-held shower kit



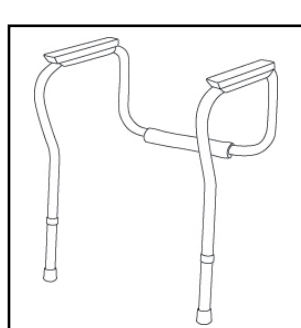
long-handled sock aid



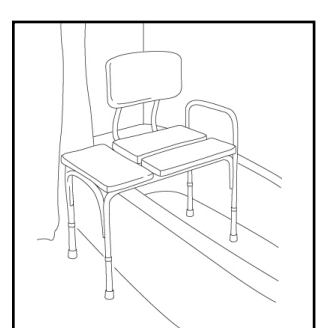
tongs



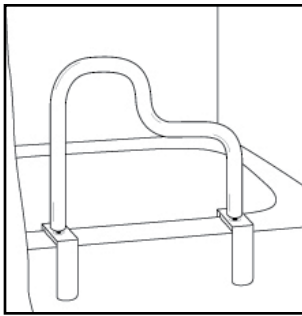
dressing stick



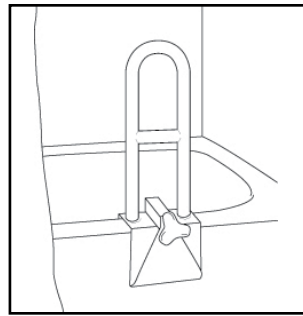
toilet frame



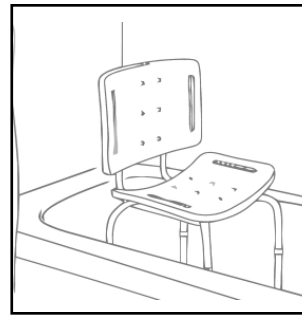
tub transfer bench



tub rail 1



tub rail 2



bath/shower chair

Your Everyday Activities

Tip

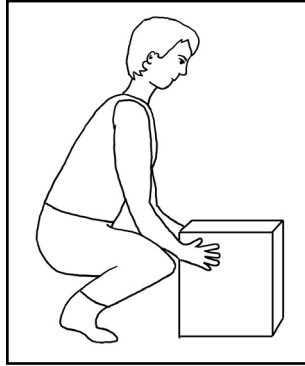
Using good body mechanics to lift and carry reduces the strain on your heart and your back.

Use good position and posture

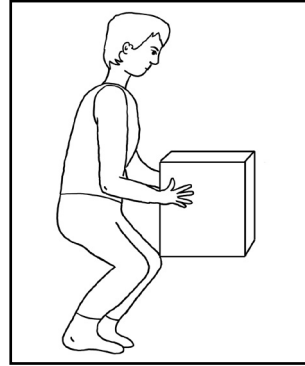
- Don't stand when you can sit. If shaving makes you tired, put a mirror on the table. Rest your elbows.
- Avoid working with your arms above your shoulders for long periods of time.
- Sit on a high stool to iron or cook.
- Plan your steps. Keep a basket at the bottom of the stairs for items that must go upstairs. Make one trip instead of four.
- Use good posture. This reduces stress on your neck, back and shoulder muscles. It also lets you breathe easier.
- Change your positions. Break up your work with a stretch or a walk.
- Avoid staying in the same position for a long time. Use a purse with a shoulder strap. If you use the phone for a long time, use a speaker phone or headset.
- Avoid reaching and bending. Use lazy susans, pull-out shelves and reachers.
- Avoid lifting. Slide items or use carts.

How to lift

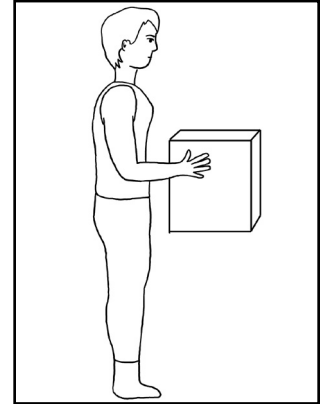
- Stand as close to the object as you can with your feet spread apart. (A)
- Bend at your knees, keeping your back straight.
- Grasp the load firmly. Hold the load close to the center of your body and face the direction you want to walk. (B)
This will help you avoid twisting and turning. (C)
- To unload, bend your knees and slide the load into place.



A



B



C

All © Allina Health System

How to carry

- Carry the object at waist level with your elbows slightly bent.
- Try not to carry an object on one side of your body.
If you have to, set the object down once in a while.
- Try to use a rolling cart to carry heavy items.

Personal Grooming

How to get dressed

Every night, leave your robe and slippers (or shoes and socks) and underwear where they are easy to reach in the morning. Before getting up, do some dressing while sitting on the edge of the bed.

- Sit on a chair or the bed to finish getting dressed.
- Dress your lower body first.
- Do not wear belts or tight clothing.
- Wear slip-on shoes. Your favorite lace-up shoes can be changed to slip-ons by using elastic shoelaces.

How to take a bath or shower

- Use a bath bench to sit on in the shower.
- Use grab bars/no-slip strips for your safety.
- Use lukewarm water instead of hot water to reduce steam and keep your muscles from becoming too relaxed.
- Use a shower extension hose or hand-held shower.
- Wrap up in a terry cloth towel or robe instead of drying yourself.
- Use oxygen in the shower if you use oxygen when you are active. Put the oxygen tubing over the shower rod to keep it out of the way.
- You can take a sponge bath instead of a tub bath. It is not necessary to get wet all over to get clean.

Household Chores

How to rearrange your kitchen

- Set up work areas so similar items are grouped together, such as dishwashing, cooking or mixing items.
- Streamline your kitchen. Throw or give away things you do not use.
- Plan meals ahead of time. Know which recipes are quick and easy or need more preparation.
- Keep a grocery list on the refrigerator.
- Shop for nonperishables once a week (or less if you have enough storage) and perishables as few times as your storage allows.
- Shop in a store that has carts which the cashier unloads.
- Let your dishes air dry.
- Sit when peeling vegetables, mixing and washing dishes.
- Use electric appliances (such as a mixer or blender) when you can.
- Prepare and freeze extra food for later use.
- Use paper napkins instead of linen.

How to do laundry

- Sort clothes on a table and use a rolling laundry cart.
- Buy easy-care permanent press clothing.
- Sit down to iron. Place a rack next to the ironing board to hold freshly ironed clothes.
- Fold sheets, towels and underwear. Do not iron them.
- Put a front-loading washer on blocks to raise the opening and eliminate bending.

How to make the bed

- Arrange the bed so neither side is against the wall.
- Unfold the covers on the bed. Do not shake the covers.
- Make one side of the bed completely. Then, make the other side.
- Consider not making the bed every day!

How to dust and clean

- Store all of your cleaning equipment for one type of job together. For instance, keep the kitchen cleaners in the kitchen, keep dusting items together and keep bathroom cleaners in the bathroom.
- Keep small items in a carrying basket.
- Use pick-up tongs and long-handled sponges to decrease reaching.
- Use vacuum cleaner attachments to dust.
- Use long-handled dust pans, mops and brooms.
- Clean using smooth movements.
- Sit on a tub or bedside if using a long-handled scrub sponge to clean.
- Avoid knickknacks you will have to clean.
- Keep your furnishings simple.

What You Can Do to Prevent Falls

Falls can occur for many reasons. You can lower your risk for falling. Read through the following tips and create a plan to make changes. Then check each box when you have fixed the issue.

- Stay physically active and make sure to include exercise in your daily routine.
- Doing strengthening exercises (with weights or bands) is essential to keep the muscles you have. (“Use it or lose it.”) Increasing the amount of weight you lift over time will help to build muscle.
- If you use a mobility device such as a cane, walker or wheelchair, be sure it is easily accessible and fitted properly.
- Use a chair to sit down before bending over. Make sure to recover from any dizziness before standing again.
- When getting up from sitting or lying down, get up slowly and stand for 1 to 3 minutes to prevent dizziness.
- Some changes in head positions can cause dizziness. Talk with your primary care provider if this happens.
- If you are afraid to take a bath for fear of falling, ask your primary care provider for help in getting professional advice on how to safely bathe.
- Be sure your clothes fit well and do not cause you to trip. People have been known to fall because of ill-fitting footwear, baggy trousers or clothing that is too long.
- Sit on a sturdy chair or toilet (not your bed) when putting on socks, pants and other clothing.
- Wear shoes (not slippers or heels) when in your home. You can have a special pair of “inside shoes” to keep your home clean.



Make sure your walking aid is easily accessible to use during your activities of daily living.

In your food and medicine

- Eat healthful meals and snacks during the day to give you energy and keep you strong.
- Drink plenty of liquids to help you feel your best. Do not drink alcohol. Alcohol can increase your risk for falling.

- ❑ Talk with your primary care provider about **all** of the medicines you are taking (including prescription and over-the-counter medicines, herbals, vitamins and other supplements). **It is important to know that some medicines, especially sleep medicines, blood pressure medicines, medicines to remove fluids from your body and over-the-counter cold medicines, can increase your risk of falling.**
- ❑ Have regular medicine reviews with your primary care provider. A medicine review is an opportunity for you to make sure your medicines are:
 - **safe:**
Some medicines may interact with each other. This means one medicine may affect how well another one works. Your primary care provider or pharmacist can tell you about any possible interactions.
 - **working well for you:**
Your primary care provider can suggest any changes to make your medicine plan work at its best.
 - **the best medicine for you to take:**
Your primary care provider can make sure you are not on any medicines that do the same thing or medicines you no longer need to take.
 - **the most affordable option for you:**
Your primary care provider may advise you stop taking a medicine or switch to a generic medicine for a more affordable option.
- ❑ Use a pill box or guide to manage your medicines.
- ❑ Make an appointment to get your eyes checked at least once each year or more often if you notice a change in your vision. Poor vision increases your risk of falling.

In your house

See the checklist on pages 25-26.

How to Manage Your Fatigue

Pacing activities during your week:

Planning your time:

Making priorities:

Pausing and re-assessing:

Taking purposeful breaks:

Working smarter, not harder:

Fall Prevention Checklist

Use these checklists to look for fall hazards in each room of your home. Check each box when you have fixed the issue.

Good lighting

- Always turn on the lights when you enter a room.
- Replace burned-out bulbs right away.
- Use night lights in hallways, bathrooms and bedrooms.
- Make sure indoor and outdoor walkways are well-lighted.



Clear walkways

- Make sure carpeting is secure.
- Avoid using throw rugs.
- Vacuum the backs of skid-resistant rugs to make sure they are secure.
- Put bright, contrasting colored tape at the tops and bottoms of stairs.
- Keep floors and walkways clear. Coil or tape cords and wires next to the wall so they are out of the way.
- Clean up spills right away.
- Do not take shortcuts off sidewalks or paths.

- Be alert to pets and children who can pop up in front of or behind you.



Bathroom safety

- Install grab bars in the bathtub, on the wall next to the tub or shower, and near the toilet.
- Install non-slip strips or non-skid mats in the tub.
- Use a tub bench to sit while taking a shower.
- Use a flexible shower hose or hand-held shower.

- Sit on the side of the tub while lifting your legs into the tub. To get out, make sure one foot is firm on the floor before you lift your other foot out.
- Dry yourself before getting out of the tub or shower.



Stairs

- Install and use handrails on both sides of the stairs. Make sure they run the entire length of the stairs.
- Keep the stairs clear.



Proper shoes

- Wear footwear that provides good support and traction between your feet and the floor or ground.
- Avoid wearing only socks or smooth-soled shoes or slippers when you are on stairs, wood floors or waxed floors.



Slippery, uneven surfaces

- Pay attention to the surface you are walking on. Watch for uneven sidewalks or paths.



- Watch for ice, snow, wet or dry leaves, or other things that could cause you to fall.
- Put salt on icy sidewalks and paths in the winter.
- When getting out of a car, test the ground to see if it is wet or icy before you stand on it.

General safety



- When coming down steps, feel the back of your foot against the step.
- When you visit family members or friends, avoid possible problems such as throw rugs or dark hallways.
- Watch for curbs.
- If you have a cell phone, keep it with you at all times.
- Do not rush to answer the phone or door.
- Never climb on a chair to change a light bulb or reach for something. Use a steady step ladder or ask someone to help you.
- Keep items on low shelves.
- Be extra careful if you have new bifocals. You might misjudge stairs.

What else you can do

- Get regular exercise to make you stronger and improve your balance.
- Have your doctor or pharmacist look at all the medicines you take, even over-the-counter medicines. Some medicines can make you sleepy or dizzy.
- Have your eyes and hearing checked every year.
- Get up slowly after you sit or lie down.
- Use any walking aid as directed.
- Keep the lighting in your home consistent. Add lighting to dark areas. Hang lightweight curtains or shades to reduce glare.
- Keep emergency numbers in your phone contacts or a list near your phone.

To Do List



- Practice breathing exercises that are comfortable each day.
- Use pursed-lip breathing when you exercise or feel short of breath. It helps to slow down your breathing, get fresh air into your lungs, and helps to remove the carbon dioxide.
- Let go of activities you do not need to do each day (such as making your bed) if you need to save your energy for another activity that is important to you.
- Arrange for equipment to make your everyday activities easier.
- Ask someone to help you arrange your living spaces so items you use often are close or easy to get to.
- Ask your primary care provider about pulmonary rehabilitation.
- Talk with your primary care provider about any other health concerns you have.
- Keep all follow-up appointments.



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