

CAREGIVER CONNECTION

December 2025 Edition

What Is Energy Conservation?

Reprinted from Trualta

Energy conservation refers to principles and strategies that are used to decrease the amount of energy that is needed for an activity. Using energy conservation strategies can decrease your fatigue and stress. It can also allow you to find time for activities other than caregiving. The main principles of energy conservation are:

- Prioritizing
- Planning
- Pacing

Let's break down each principle to get a better understanding of its purpose and importance so you can put them into practice on your caregiving journey.

Prioritizing

You may feel overwhelmed by a long list of caregiving tasks. It may feel like no matter how many you check off the list, more will always be added, leaving you feeling drained and exhausted by the never-ending buildup of tasks.

Prioritizing is the first step to help you conserve energy. It helps you ensure that the most important tasks get done. Start by taking a minute to write down everything you can think of that's on your mental "list", and use the following tips to help you identify priority items:

Ask yourself as you go through each item:

- What needs to get done today? What can wait?
- What do I have to get done, and what can I ask someone else to do?
- **Try to prioritize at least one activity that you enjoy.** Prioritizing activities that you *want* to do, and not just *need* to do, can go a long way
- **Re-order the list in terms of importance once you have a list of priority items.** Always start with the most important

Now that you have figured out which activities are most important, you can start to create a plan.

Planning

Planning your activities can help you regain a sense of control. It can also help you balance caregiving, work, and leisure. Here are some tips to help you plan:

- **Switch back and forth** between light and heavy activities
- **Get rid of unnecessary steps** that zap your energy. For example, to avoid going up and down the stairs multiple times throughout the day, plan to do all the activities upstairs before moving to the downstairs tasks.

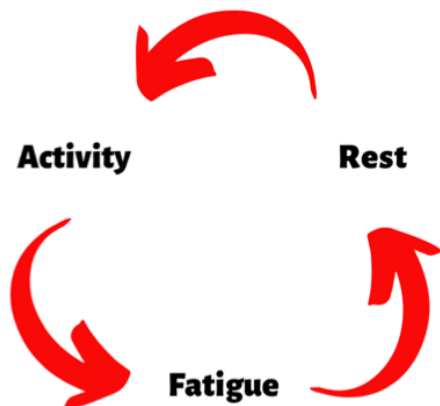
- **Plan to do your most tiring tasks when you know you will have the most energy.** For example, if helping your care recipient shave is very tiring for you, plan to do this task in the morning rather than after a long day
- **Intentionally plan for breaks and rest**
- **Spread it out** in a way that works for you. For example, if you have to clean the entire house, plan to do one room each day
- **Plan ahead.** For example, if you're going to help your care recipient with a bath, gather all the items you need before you start the task. This will prevent spending extra time during the bath looking for items

Prioritizing and planning activities are critical for conserving energy, but the way you do tasks can also have a big impact. You'll also want to pace yourself while you're doing activities.

Pacing

Pacing is an important way to conserve your energy, as it helps you divide up tasks into smaller, more manageable chunks to avoid exhaustion and feeling overwhelmed. Here are some helpful tips to pace your caregiving activities.

- **Take frequent short breaks** instead of taking one long break. Not only do micro-breaks give you time to rest without taking too much out of your day, but they also help you perform tasks better by giving your brain and body a break.
- **Give yourself enough time to do the activity** to avoid fatigue from rushing. It will also help you avoid feeling guilty if you don't finish something in the time that you expected to.
- **Rest before you get tired.** This is the most important rule of pacing! If you wait until you're tired, you'll have to take a longer break. Listen to your body and do
- **Complete activities slowly and steadily.** Rushing causes you to use extra energy
- **Delegate what you can** to other people



Family Caregiver Support Group

This Support Group is open to ALL Family Caregivers! The focus will be on reducing the stress of family caregivers, not a specific diagnosis.

Come and meet other family caregivers and share the caregiving journey!

LOCATION

Franciscan Spirituality Center
920 Market St.
La Crosse, WI 54501

Any questions?

Contact Kristine Meyer at 608-386-0922 or kmeyer@lacrossecounty.org

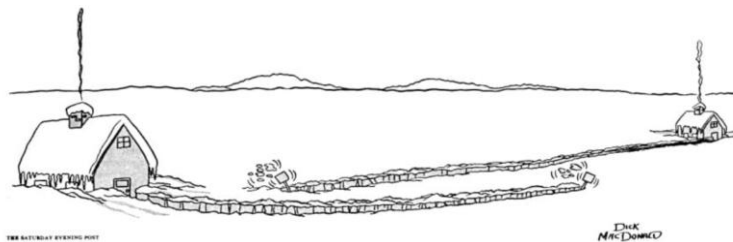
Meets the 2nd Thursday of the month from 1:30 PM to 2:30 PM

2026 DATES

Meetings will be cancelled if La Crosse County Meal Sites are closed due to inclement weather.

January 8
February 12
March 12
April 9
May 14
June 11

July 9
August 13
September 10
October 8
November 12
December 10



Dick MacDonald
February 6, 1954

Grab your Care Partner and go on a Winter Scavenger Hunt! Stop for a cup of coffee or hot chocolate to warm up!

