



Pillar C3

Manage household tasks and responsibilities

Pain and Activity

Ideas for managing activities that cause pain and affect posture

Common situations or activities where posture and movement are difficult or cause pain	Ideas for overcoming and adapting
Driving long distances	Plan and pace the journey, stop more frequently to walk and move around. Share the driving. Consider alternative transport – e.g. train so can get up more often
Travelling by bus or coach	Plan and pace your journey - get out at stops and move around Explain to the bus driver you can't get up while the bus is moving and may take time to walk to the front.
Walking long distances	Plan and pace it – stop and take breaks Take walks where there are benches, walls or posts that are available Work out your baseline and build up gradually
Washing up / brushing teeth	Use a perching stool Do it in small quantities and take regular breaks Do washing up in a bowl sitting at kitchen table, or use an upturned bowl in sink to raise level Sit to brush teeth

<p>Bending up or down e.g. over the bath or emptying the dishwasher</p>	<p>If possible, kneel to reach the bath</p> <p>Sit on a stool</p> <p>Ask for help</p> <p>Can it be done another way?</p> <p>Plan and pace it</p>
<p>Wiping up</p>	<p>Leave it to drain and dry</p> <p>Do in batches</p> <p>Ask for help</p>
<p>Ironing</p>	<p>Use a perching stool</p> <p>Plan and pace it – do in batches</p> <p>Ask for help / delegate</p> <p>Use a tumble drier</p> <p>Buy different materials</p> <p>Does it all need doing?</p>
<p>Queuing in shops</p>	<p>Ask for a seat</p> <p>Explain that you can't stand to queue</p> <p>Go with someone who can queue while you sit</p>
<p>Shopping</p>	<p>Use a helper/shopping assistant in the supermarket or use their electric scooter</p> <p>Plan and pace it – sit periodically, or make it a social event e.g. going for coffee or breakfast at the supermarket</p> <p>Ask for help with packing and loading in car</p>
<p>Carrying bags</p>	<p>Carry light bags only – more bags, but less in each</p> <p>Use a back pack or across the body bag</p>

<p>Preparing vegetables / cooking</p>	<p>Buy ready-made</p> <p>Sit at a table</p> <p>Use a food processor</p> <p>Use adapted knives</p> <p>Plan and pace it – break it up</p> <p>Share the task with someone</p>
<p>Vacuuming</p>	<p>Ask for help</p> <p>Use a smaller/lighter vacuum cleaner</p> <p>Plan and pace it – e.g. one room at a time</p>
<p>Cleaning the bathroom</p>	<p>Plan and pace it – do in sections with breaks</p> <p>Kneel rather than bend over</p> <p>Ask for help</p>
<p>Gardening</p>	<p>Plan and pace it – change position regularly by varying tasks, do in chunks with breaks, spread over a few days</p> <p>Do what tasks you can in sitting</p> <p>Adapt garden to reduce maintenance, raise beds, etc.</p> <p>Ask for help/Share tasks</p>
<p>Changing bedclothes / Putting a duvet cover on</p>	<p>Plan and pace it / Get help from family</p> <p>Have the side seams unstitched and replaced with Velcro or poppers so you can completely open the cover and lay the duvet inside before re-fastening</p>
<p>Sitting at a computer, using tablet or phone</p>	<p>Plan and pace it – use a timer or other prompt to take breaks to move around</p> <p>Place it on a table or stand to avoid hunching and make sure table and seat are high enough</p>
<p>Watching TV</p>	<p>Take regular breaks / change position</p> <p>Use cushions and supports, heat, etc.</p>

<p>Reading / holding a book or kindle</p>	<p>Use a lap-tray, bed table or cushion</p> <p>Use a 'book chair' or stand (like recipe book stand)</p>
<p>Social activities, e.g. meals out, cinema, theatre, etc.</p>	<p>Take cushion / back support with you</p> <p>Plan and pace – choose a venue with better seats or check out seating beforehand</p> <p>– sit on an end so you have freedom to get up and move around</p> <p>Explain to others so they can support you</p> <p>Work out your baseline sitting tolerance and gradually build up in preparation</p>
<p>Stress related pain – especially neck and shoulders</p> <p>Feeling tense and hunched</p>	<p>Learn relaxation techniques and breathing.</p> <p>Shoulder and neck stretches</p> <p>Change the task or take a break</p> <p>Absent self from stress or try changing the subject</p>