



## ORDER FORM – Energy Conservation Manual

The Energy Conservation Manual is designed for health professionals to help their clients achieve the right balance between work, rest and play. Those individuals experiencing temporary or chronic fatigue will benefit from understanding the concept of energy conservation and how to manage daily activities within their tolerance level.

This 60-page manual is an invaluable resource for rehabilitation professionals. It explains thirteen principles of energy conservation, as well as administration instructions and detailed guidelines for conducting assessments and making appropriate recommendations to clients.

Practical strategy checklists for implementing energy conservation principles are included and cover areas of self care, meal preparation, infant care and transportation within the community. Using metabolic equivalent scores for daily living (approximate values for one-minute durations of tasks) when planning schedules involving light and heavy activities are also explained.

### INSTRUCTIONS: To place your order, please use one of the following methods:

- 1) print form, complete it, and **mail** it to VHA Home HealthCare, 477 Mount Pleasant Road, Suite 500, Toronto, Ontario, CANADA M4S 2L9
- 2) print form, complete it, and **fax** it to 416-489-7533
- 3) complete form and **e-mail** it to [info@vha.ca](mailto:info@vha.ca)

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<b>Organization</b>	<b>Fax</b>
<b>Address</b>	<b>E-mail</b>

Order	Description	Amount	Total
# 01	<b>1 manual (if ordered by an Agency/Service Organization)</b> Price: within Canada = \$40CDN ; outside Canada = \$40US		\$
# 02	<b>1 manual (if ordered by Individual/Client)</b> Price: within Canada = \$25CDN; outside Canada = \$25US		\$

<b>Postage:</b> Regular postage & handling automatically added to total amount invoiced. Please allow approx. 1 week within Canada; 6-8 weeks abroad. For faster delivery options, email us for a courier quote.	\$
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