

# Preface

This booklet is designed to provide Occupational Therapists and their clients with comprehensive information regarding principles of energy conservation and suggestion sheets with practical suggestions based on these principles for education of individuals in the community.

When using this booklet, it is important to consider your particular lifestyle and value system. You can be more effective in re-building a lifestyle that best fits you, your priorities and your energy level.

We have divided the manual into three parts. Part I summarizes the conceptual basis of energy conservation. Part II describes thirteen principles of energy conservation. Part III provides practical tips for applying the principles of energy conservation for living in the community.

We have written this manual for practicing Occupational Therapists to learn about energy conservation and its applications. Educators may use the booklet for supplementary teaching material for energy conservation after the students have acquired the knowledge of OT theory and the skills of conducting OT assessments.

The original authors developed the booklet in 1992 at COTA Comprehensive Rehabilitation and Mental Health Services (previously called Community Occupational Therapists and Associates). This version is a revision of the original booklet which has been used by COTA clinicians and their clients for the past ten years.

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The illustrations were created by Michael Concannon.