



Clydeside Action
on Asbestos

Hints and Tips

Living with an Asbestos Related Condition.



Freephone: 0800 089 1717

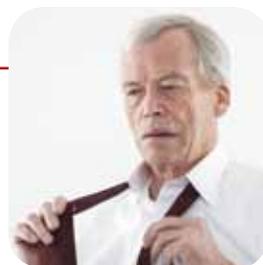
www.clydesideactiononasbestos.org.uk

Hints and Tips

Living with an Asbestos Related Condition.

Dressing and Undressing

- Leave your clothes within reach of your bed the night before you need them.
- Try sitting on the edge of your bed to dress or undress if this task leaves you tired or breathless.
- If you need to stop and rest during dressing, do so.
- If wearing a neck tie feels restrictive, think about trying a clip-on.
- If bending to tie laces is a problem, perhaps switch to slip-on shoes.
- Using a long length shoe horn can help with putting shoes on.



Washing and Bathing

- A non-slip bath or shower mat can prevent slips and falls.
- Try using a towelling bathrobe if you get tired or breathless drying yourself.
- If you have a shelf in your shower, think about switching to liquid soap. This will reduce the need to bend to pick up dropped soap.
- Think about using a stool in the bathroom to rest after showering or bathing.
- Consider putting a stool in the shower to sit on. (see aids and extra support)
- Using a long-handled bath brush can be useful for hard to reach areas.

Moving Around Indoors

- Use the arms of a chair to push yourself to a standing position.
- When rising from a chair, pause for a moment to catch your breath before starting to walk.
- Consider whether a walking stick or walking aid could help you when moving around.
- Keep a table nearby for placing things on that you may need during the day, such as hankies, a newspaper or medications.
- Place a basket at the bottom of stairs to collect things that you need to take upstairs and then take up in a few journeys if you can.
- If you need to get out of bed during the night, pause for a few moments to catch your breath before standing up.

Walking Outdoors

- If a cold wind aggravates your breathlessness, try to avoid going outdoors on windy days.
- Wrapping a scarf around your mouth may help if you do have to go out.
- Plan your route—find the easiest route that doesn't have hills or uneven surfaces.
- If walking up hills cannot be avoided, stop and rest when you need to. When outdoors, walk at your own pace and don't feel that you have to try to keep up with others.
- If you need to stop for a rest whilst walking and feel self-conscious, stop to look in a shop window or check your mobile phone.

Getting Around

- In the UK, the Motability Scheme can help with leasing a car, powered wheelchair or scooter. You need to receive specific mobility related benefits to qualify. For more information, contact Motability. Their contact details can be found in a telephone directory or online.
- Do you qualify for a Blue Badge for easier parking? You don't have to be a driver to qualify for a Blue Badge. To find out how to qualify, contact your local authority or council.
- Many rail companies have passenger assistance schemes. Information can be found by contacting your local rail company or at your local train station.
- If you travel by train, check if you are entitled to a Disabled Person's Railcard. Contact your local rail company or speak to a member of staff at your nearest station.
- Find out if you are entitled to any schemes that offer reduced rates for bus travel. Your local bus company can advise of any schemes that are available. Some transport companies may operate a bookable bus service which provides door-to-door transport that can be used for journeys such as shopping and GP appointments.





Garden Maintenance

- Think about breaking large gardening tasks into smaller more manageable jobs. Spread the work out over time. For example, you can rest in between mowing the lawn. It doesn't need to be done all at once or even in one day.
- Use a kneeling pad or seat when working in the garden to prevent repeated bending.

Household

- Consider whether aids in the kitchen may help you such as a perching stool to use when cooking or washing dishes.
- Take your time and pace yourself. If you find it easier to Hoover one room then have a rest, do so. You can always Hoover other rooms on another day.
- Spread household task over a day, a few days or a week. Find a pace that suits you now rather than worrying about how this compares to how you used to be able to manage.
- If you find it difficult to do tasks like changing light bulbs, check if your local authority offers a Handy Person service.

General

- Plan ahead. Work out what you need to do in advance so that you can make sure that any tasks or activities are manageable and that you have allowed enough time to do them.
- Prioritise tasks. Consider if a task really needs done now.
- Pace tasks. Consider spacing your tasks out over a day or a couple of days to conserve energy.
- Tackle your tasks in the morning if this is when you have more energy.
- Break large jobs down into small, manageable tasks and work through these gradually.
- Give others tasks to do. Consider whether or not it is you who actually needs to do a specific job.
- Don't be afraid to ask others for help. Accept help when it is offered.
- Putting risers on chairs or beds can make getting in and out of them easier.
- Try holding on to something sturdy to help you up after bending or kneeling.



- Using a long handled grabber can help you to pick things up or reach items without bending or stretching.
- If shopping is difficult, can someone else help? Does your local supermarket offer a home delivery service? Is shopping on online an option?
- Try to avoid dust and other irritants, such as scented candles, air fresheners or aerosols.
- Take someone with you to medical appointments. They can take notes during the consultation and may also pick up things you missed during the appointment.
- Try opening a window at night, or use a fan to create a feeling of air passing over your face.
- If you feel breathless when lying down try sleeping on propped up pillows.
- Check what services your local authority or council offers for garden care, refuse collection, minor household repairs and help at home.

Aids and Extra Support

There are many aids that can help you to live your life. There are aids that can help you with activities such as dressing and undressing, bathing, cooking, eating, using stairs and getting in and out of the car.

Contact your local social work department or speak to your GP for information about being assessed for aids and adaptations.



Further information about our services can be found at:

www.clydesideactiononasbestos.org.uk

Contact us

Freephone: **0800 089 1717**

Email: **admin@clydesideaction.co.uk**

The hints and tips that have been included in this leaflet have been provided by our support group members. The groups were asked to share any small changes they had made to their daily routine that had helped them to manage their condition. Some of the hints and tips may not be relevant to your circumstances and some may seem like common sense, however, the advice may give you some ideas of how you can make small, useful changes to your own routine.

The information in this leaflet is not intended to be medical advice, a replacement for medical advice or an instructional manual. Any information contained within is for information purposes only and are undertaken at your own risk without any liability to Clydeside Action on Asbestos.

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