

Conserving Energy

Living with your physical disability is a lifelong journey, with highs and lows. Everybody feels the impacts of ageing as they get older.

While most people begin to feel the impacts of ageing in their 60s, people with a physical disability often begin to feel tired and sore earlier and may start to slow down much earlier in life, some as early as their 30s.

Many people living with a physical disability comment that they wish they had known what was going to happen and wanted more information to help them prepare.

Many comment with sentiments such as “I’m so tired, my tired is tired” or “I’ve hit a brick wall”.

Pain, fatigue, having to change or stop work or enjoyable activities are all very common as people get older. For those with physical disabilities, the experiences are greater and happen earlier in life. Regardless of why pain, fatigue, weakness and having to change how you do things happen, it is important to know that you can do something about it to stop small problems becoming big ones.

Conserving your energy is one of the most important things you will ever have to think about when living with a physical disability.

Conserving energy will be a journey. It will be a balancing act. At times you will get it right. At others, you won’t. Like others before you, it will test you. It will make you think about everything you have done before now and wonder if it was the right thing to do. It will make you fight for what you have set out to do. Health professionals will recommend things with your best interests at heart, that like most before you, you won’t like. It will eventually likely change your mind on firm opinions you have held for many years.

If you are a parent supporting your child with a physical disability, you will likely do the same.

This is all very normal. Everyone takes this journey at their own pace. Everyone copes with what health professionals recommend in different ways.



No one reaching the point of knowing how to conserve energy has ever said, “I did the wrong thing”. Rather, the sentiments are usually, “why didn’t I do this earlier?”, “if I stick to the plan and have balance, I can do more and I’m much happier,” or “there is nothing that could have changed my mind earlier, I just needed someone to tell me many, many times before I was ready”.

To find the best solution for you, discuss your energy with your physiotherapist and occupational therapist.

Visit futurethinking.abilitycentre.com.au for more information.