

## Fatigue Management

Susan Bedford

Occupational Therapist
Griffith Rehabilitation Hospital

## Occupational Therapy

Occupational Therapists (OT's) support people to recover, develop or maintain, the meaningful activities in their daily life.

These activities might be practical self care tasks; daily living routines; social and leisure activities or participation in life roles.

OT's support people by improving physical, cognitive or emotional performance through the treatment medium of everyday activities.



## Occupational Therapy

#### Adapting tasks or the environment to suit physical need

- Falls prevention
- Home adaptations
- Assistive equipment

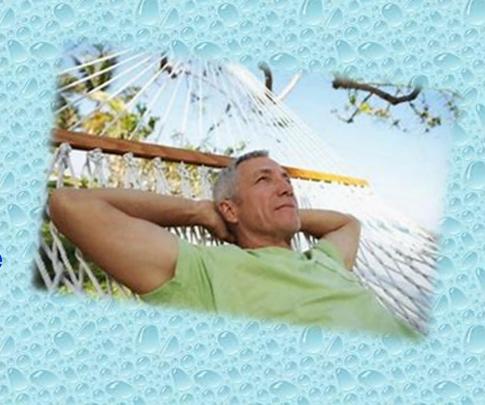
#### Teaching strategies on coping and self-management

- Fatigue management
- Stress management
- Memory strategies



### What is Fatigue Management?

- Energy conservation.
- Making jobs simpler for yourself work simplification
- Delegation
- Resting before you get exhausted
- Using relaxation and or mindfulness techniques to restore your energy levels
- Embracing self-compassion and learning to put your needs first



Griffith Rehabilitation Day Hospital

Offers a comprehensive multi-disciplinary approach to managing fatigue to improve:

- endurance and strengthening
- practical coping strategies for current and future management.

Currently operates a fatigue specific program for Oncology and looking to commence a specific Post Polio group



### Griffith's Fatigue Self-Management Program

- 1. What is fatigue? Exploring definitions and appreciating its impact
- 2. Energy conservation and work simplification
- 3. Reflecting on personal levels of activity and fatigue triggers? patterns?
- 4. Sleep
- 5. Mindfulness
- 6. Relaxation



## Sounds obvious!!!



# What stops you from embracing fatigue management?

#### Your own barriers:

"It's so obvious, I do it already"

"Everything is a priority"

"No-one else is going to do it"

"I can't say no"

"I was having a great day and got carried away"



# What stops you from embracing fatigue management?

#### **Barriers from others:**

"No-one understands"

"They think its like a fatigue they experience at the gym"

"I can't let anyone down"

"They think I am lazy"

"You managed it last week!"



### Fatigue Management is <u>not</u>

- Becoming redundant in your own home or family role by giving up tasks or delegating everything
- "Giving in" to fatigue or "fighting" fatigue
- As natural or as easy as it sounds!!!!

#### Benefits from OT Fatigue Self-Management Group

- Sharing experiences and supporting others who have similar experiences
- Self-reflection
- Learning from others successes and failures



#### **Griffith Rehabilitation Hospital**

Condition orientated reconditioned groups 2-3 sessions a week – i.e. oncology

#### Team consists of:

- Occupational Therapy
- Physiotherapy
- Exercise Physiology
- Rehabilitation Consultant

Modern facilities in a purpose built environment with car park.

Hydrotherapy pool and fully equipped gym



#### Access to Griffith Day Rehabilitation Program

Private hospital insurance required

Generally no gap payment in most cases

Referral via GP or specialist (on website)



Address: 13 Dunrobin Road, Hove 5048

Tel: 08 8179 4202

www.griffithrehabilitationhospital.com.au