



Griffith
REHABILITATION HOSPITAL

Fatigue Management

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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 not

- 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)



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www.griffithrehabilitationhospital.com.au