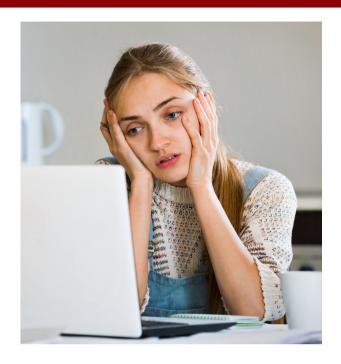
## **FATIGUE**

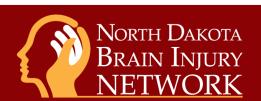
#### FOR PROFESSIONALS



Fatigue is a continual state of mental tiredness.
Fatigue can occur after physical activity but most commonly after mental activity.

### **LOOK FOR:**

- Slurred/slowed speech, difficulty finding words, dull tone of voice, short answers
- Poor concentration, balance, coordination
- Shortness of breath
- Slower responses/movement
- Irritability, anxiety, crying episodes
- Increased forgetfulness
- Lack of motivation and interest/loss of appetite/withdrawn



# **FATIGUE ACCOMMODATIONS**

### FOR PROFESSIONALS

- Help identify the first signs of fatigue/triggers
- Make contingency plans for appointments
- Organize routines around preferred times of day
- Avoid fluorescent and/or dim lighting
- Discuss medications side effects with prescriber
- Assess for accommodations for daily activities (Occupational Therapist)

### Encourage:

- use of assistive technology/mechanical aids
- avoidance of or limitation of alcohol use
- scheduled rest periods
- uncluttered home and work environments



