

# FATIGUE



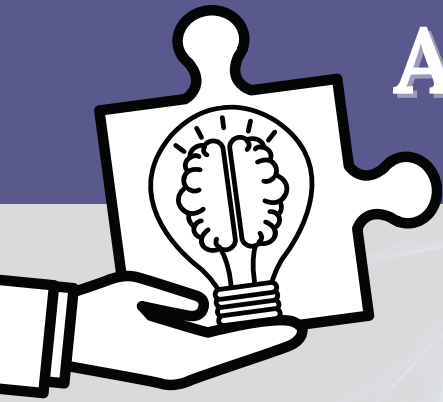
Fatigue is a continual state of mental tiredness; can occur after physical activity, or most commonly mental activity.

## LOOK FOR:




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- Lack of motivation and interest/loss of appetite/withdrawn





# 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 the 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



CITATIONS

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