# 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- Lack of motivation and interest/loss of appetite/withdrawn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

The development of this project was supported through funding from the Iowa Department of Health and Human Services' (Iowa HHS) Brain Injury Services Program (BISP). The contents are the sole responsibility of the authors and do not necessarily represent the official views of Iowa HHS.
Version date August 2025