

Managing Fatigue

A six week course for energy conservation

- Session 1:** The importance of rest
- Session 2:** Communication and body mechanics
- Session 3:** Activity stations
- Session 4:** Priorities and standards
- Session 5:** Balancing your schedule
- Session 6:** Future plan

This is an opportunity for you to work with other people with similar issues to develop strategies to manage fatigue. You will learn ways to plan your day, evaluate activities and communicate with family and friends about your fatigue. Each session lasts around 90 minutes and participants will be required to incorporate their new learning into their daily lives each week with homework and practical reflection.

So if you are motivated to learn more about how to best manage your fatigue, register your interest with MS Queensland.



The next scheduled fatigue management course

- Date:** Tuesday 3 August, 2010
- Time:** 5.00 pm
- Venue:** MS Society of Queensland
173 Annerley Road,
Dutton Park, QLD 4102
- Cost:** \$95 for all six sessions



A U S T R A L I A
Giving life back

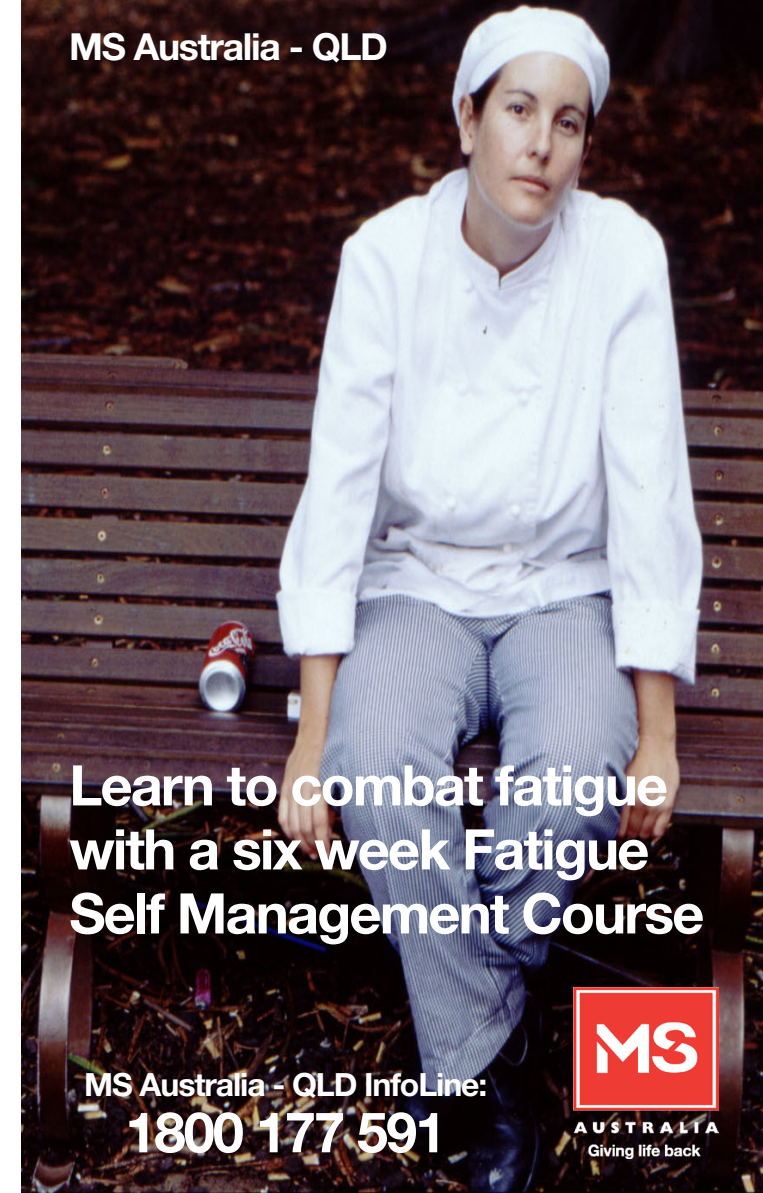
For further information, please contact:

Multiple Sclerosis Society of Queensland

- email: info@msqld.org.au or manage_your_fatigue@yahoo.com
- phone: 1800 177 591
- address: MS Society of Queensland
173 Annerley Road,
Dutton Park, QLD 4102

Are you Fatigued?

MS Australia - QLD



Learn to combat fatigue with a six week Fatigue Self Management Course

MS Australia - QLD InfoLine:

1800 177 591



A U S T R A L I A
Giving life back

Are you fatigued?

Rate the following statements and circle a number from 1 – 7, based on how accurately it reflects your condition generally and the extent to which you agree or disagree that the statement applies to you.

A low value (e.g. 1) indicates strong disagreement with the statement, whereas a high value (e.g. 7) indicates a strong agreement



Statement	Disagree ← → Agree						
	1	2	3	4	5	6	7
My motivation is lower when I am fatigued	1	2	3	4	5	6	7
Exercise brings on my fatigue	1	2	3	4	5	6	7
I am easily fatigued	1	2	3	4	5	6	7
Fatigue interferes with my physical functioning	1	2	3	4	5	6	7
Fatigue causes frequent problems for me	1	2	3	4	5	6	7
My fatigue prevents sustained physical functioning	1	2	3	4	5	6	7
Fatigue interferes with carrying out duties and responsibilities	1	2	3	4	5	6	7
Fatigue is among my three most disabling symptoms	1	2	3	4	5	6	7
Fatigue interferes with my work, family, or social life	1	2	3	4	5	6	7
TOTAL SCORE							



Scoring your results

Now that you have completed the questionnaire, it is time to score your results and evaluate your level of fatigue. It's Simple: Add all the numbers circles to get your total score.

A total score of **less than 36** suggests that you may not be suffering from fatigue. A total score of **36 or more** suggests that you may benefit from the fatigue self-management program.

Facts about fatigue

Fatigue is common in neurological conditions. It is a troublesome symptom that is frequently misunderstood by family and friends because it is not obvious. For some people it limits social and work activities, and can impact on lifestyles on a daily basis.

What can be done?

Changing lifestyle and behaviours is one way to help. We call this '**fatigue self-management**'.

Fatigue Self Management

The six week course is designed for people with multiple sclerosis and others who have fatigue as a symptom secondary to a neurological condition. It is the only course that has been shown to be effective in assisting people to self-manage their fatigue symptoms.

