

People who access our services are welcome to talk to the Team Manager if they are experiencing any problems with their care.

Useful contacts:

The following organisations are independent of CWP, contact details are provided for information purposes only. CWP will not be responsible for any advice or treatment provided by these organisations.

Headway: The brain injury association

Website: www.headway.org.uk

Email: enquiries@headway.org.uk

Tel: 0115 924 0800

Helpline: 0808 800 2244

Stroke Association: National and local stroke advice and support network

Website: www.stroke.org.uk

Email: helpline@stroke.org.uk

Tel: 0303 3033 100

Change 4 life: A national campaign to encourage families to have healthier lifestyles, providing advice on easy ways to eat well and keep active.

Website: www.nhs.uk/change4life

If you use a smartphone, you can download the Change4life app.

If you require translation services or a copy of this document in other languages, audio tape, Braille or larger print, please speak to a member of CWP staff or e-mail cwp.info@nhs.net

আপনার অনুবাদ পরিষেবা বা অন্য ভাষায় এই ডকুমেন্টের একটি কপি, অডিও টেপ, অক্ষর ব্যক্তির লিখনাদির প্রণালী বা বড় আকারের মুদ্রণ প্রয়োজন হলে, অনুগ্রহ করে CWP কর্মীর একজন সদস্যের সাথে কথা বলুন বা cwp.info@nhs.net এ ইমেল করুন

Os oes angen gwasanaethau cyfieithu neu gopi o'r ddogfen hon arnoch mewn ieithoedd eraill, tâp awdio, Braille, neu brint brasach, siaradwch ag aelod o staff CWP neu e-bostiwch cwp.info@nhs.net

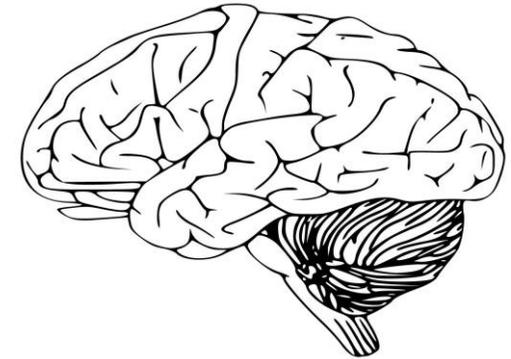
જો તમને ભાષાંતર સેવાઓની જરૂર હોય અથવા અન્ય ભાષાઓ, ઑડિયો ટેપ, બ્રેઇલ અથવા મોટા અક્ષરોમાં આ દસ્તાવેજની નકલ જોઈતી હોય તો કૃપા કરીને CWP સ્ટાફના સભ્ય સાથે વાત કરો અથવા cwp.info@nhs.net પર ઇ-મેલ કરો

Jeśli wymagane jest tłumaczenie, lub kopia niniejszego dokumentu w innym języku, na kasecie audio, alfabetem Braille'a lub druk większą czcionką, prosimy o skontaktowanie się z członkiem personelu CWP (Organizacja partnerska krajowego systemu zdrowia regionów Cheshire i Wirral) lub przez pocztę elektroniczną: cwp.info@nhs.net

如果您需要翻译服务或者需要该文件的其它版本, 录音磁带, 盲文或大字体, 请和CWP的一位员工提出, 或者发电邮至 cwp.info@nhs.net

यदि आपको अनुवाद सेवाएँ, या इस दस्तावेज़ की प्रति किसी अन्य भाषा, ऑडियो टेप, ब्रैल या बड़े अक्षरों में चाहिए, तो कृपया CPW स्टाफ के सदस्य से बात करें या cwp.info@nhs.net पर ईमेल करें

Acquired Brain Injury & Fatigue



Acquired Brain Injury Service
Acorn Suite
Countess of Chester Health Park
Liverpool Road
Chester CH2 1HJ
Tel: 01244 389252
Email: abi.service@nhs.net

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Fatigue

Fatigue is different to general tiredness and it is described as a feeling of exhaustion without any explanation. Fatigue impacts on our ability to function both physically and mentally. It can reduce our ability to concentrate, pay attention and remember things. It can also lead to us being more irritable and low in mood.

There are four types of energy we use that contribute to fatigue levels:

- **Cognitive energy** - thinking skills such as problem-solving, planning and organising.
- **Emotional energy** - feelings such as being upset, anxious or excited.
- **Physical energy** - walking, dressing and exercising.
- **Social energy** - talking, listening and following conversations.

Fatigue and brain injury

Fatigue is one of the most commonly reported effects of brain injury, affecting as many as 70% of survivors.

Reasons why people experience fatigue following a brain injury or stroke include:

- The brain repairing itself
- The brain working harder to compensate
- Difficulty sleeping well
- Physical difficulties
- Stress and anxiety

What can I do to help?

2 R's

- **Rest** for a minimum of 30 minutes in the middle of the day with no stimulation.
- **Recognise** what triggers your fatigue and learn your limitations.

3 P's

- **Plan** and follow a schedule of activities. Do the most demanding tasks when you are at your best and avoid doing too much.
- **Pace** activities breaking them down into manageable amounts and ensuring you take regular breaks.
- **Prioritise** the most important tasks and consider any tasks that can be postponed or discarded.

Other factors

- **Eat** a balanced diet – 3 meals per day and drink a minimum of 1.2 litres of water daily.
- **Exercise** regularly. Begin with gentle exercise and gradually increase your tolerance over time.
- **Sleep** - develop a good sleeping pattern with regular times of going to bed and waking in the morning. Avoid caffeinated drinks after 2pm.

ABI Service Fatigue Management Group

You may be invited to attend a Fatigue Management Group.

- The group covers the information contained in this leaflet in more depth
- It is run in a safe environment and provides an opportunity for you to meet other people who experience similar problems.
- The group runs once a week over 5 weeks, with follow-up reviews at 1 and 6 months.

When asked what they liked about attending the group, people gave the following responses:

“Being given permission to talk about how we felt”

“Giving me more confidence and courage”

“Explanation for the reasons why the strategies advised will help”