

## Application continued

Please indicate what times of the day you would be able to attend:

Morning  Afternoon  Evening

Please indicate which you would prefer:

6 one hour sessions

6 two hour sessions

*Note. We will aim to accommodate the majority and therefore may not be able to meet your specific preference.*

If you cannot attend a group, is there anything that would make it easier for you to attend a fatigue management programme?

**Please return completed form, phone, or e-mail details to:**

Occupational Therapy Department  
Western Isles Hospital  
MacAulay Road, Stornoway  
Isle of Lewis HS1 2AF  
Tel. 01851 708287

Email: [wi-hb.OTWesternIsles@nhs.net](mailto:wi-hb.OTWesternIsles@nhs.net)



## Further help and information

For more details contact:

**Occupational Therapy Department**  
Western Isles Hospital, Macaulay Road,  
Stornoway, Isle of Lewis, HS1 2AF  
Tel. 01851 708287

**Occupational Therapy Department**  
Comhairle nan Eilean Siar  
Balivanich, Isle of Benbecula, HS7 5LA  
Tel. 01870 604984 / 0779 563 7716 (*mobile*)

## We are listening - how did we do?

We welcome your feedback, as it helps us evaluate the services we provide. If you would like to tell us about your experience:

- speak to a member of staff
- visit our website [www.wihb.scot.nhs.uk/feedback](http://www.wihb.scot.nhs.uk/feedback) or share your story at - [www.patientopinion.org.uk](http://www.patientopinion.org.uk) or 0800 122 31 35
- Tel. 01851 704704 (ext 2408) on a Tuesday and Friday afternoon between 1pm and 4pm.

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### Disclaimer

The content of this leaflet is intended to augment, not replace, information provided by your clinician. It is not intended nor implied to be a substitute for professional medical advice. Reading this information does not create or replace a doctor-patient relationship or consultation. If required, please contact your doctor or other health care provider to assist you interpret any of this information, or in applying the information to your individual needs.

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Bòrd SSN nan Eilean Siar  
NHS Western Isles

Occupational Therapy Department

## Fatigue Management Programme



**Useful information for patients and their carers  
about the Fatigue Management Programme**

## Introduction

The Occupational Therapy Department offers a **Fatigue Management Programme** for patients throughout the Western Isles.

The aim of the programme is to enable people with fatigue to explore the reason for their fatigue and to give them tools and techniques to help them manage their fatigue better. It will not, in itself, cure fatigue.

## Topics covered

Topics covered in the programme include the following, but will be extended depending on what is needed by those that attend:

- what is fatigue, what causes it and what impact does it have on people?
- tools to enable each individual to explore the specific causes of their fatigue.
- information on self management techniques to help people regain control of activities of daily living.
- setting goals throughout the programme to enable people to manage their fatigue.

Specialist professional advice is available based on the needs of those in the group. This includes referral for a one-to-one with a therapist if needed.

The programme is also an opportunity for people with fatigue to meet other people in a similar situation to themselves.

## Programme sessions

The programme will run for 5 weekly sessions, with a sixth and final session held 6 weeks later.



## Application to attend Programme

If you are interested in attending the Fatigue Management Programme please complete both sides of the following form, detach it from the rest of the leaflet and return it to the Occupational Therapy Department (address overleaf).

**Name:**

**Date of birth:**

**Address:**

**Telephone:**

**Email:**

**What is your medical condition:**

**To what degree did you experience fatigue in the last month? (please circle)**

**Not at all** **A lot**  
0 1 2 3 4 5 6 7 8 9 10