



FACETS – A Fatigue Management Program

FACETS

FACETS (Fatigue: Applying Cognitive behavioural and Energy Effectiveness Techniques to lifeStyle) is an evidence-based group program for people living with multiple sclerosis. It's designed to help you learn to manage your fatigue.

The FACETS program incorporates 'energy effectiveness' techniques and ways to maximise your energy, – as well as cognitive behavioural strategies, and helpful ways of thinking about fatigue.

The program was developed in the United Kingdom by researchers from Bournemouth University and clinical staff from Poole Hospital.

The program consists of six face to face sessions or webinar in groups of 8–12 people held weekly.

HOW WE CAN HELP

MS occupational therapists and nurses have been trained to deliver the FACETS program and will run the face to face and webinar programs.

FACETS Fatigue Management

- six-week program
- sessions run for two hours, once a week
- led by trained MS occupational therapists and nurses
- maximum group size is 12

ELIGIBILITY

- people who are living with multiple sclerosis
- life is impacted by fatigue
- able to walk independently, with or without a walking aid

COST

The six-week program including workbook and all resources is \$80 per person. Participants are encouraged to have a family member or friend with them for the first session. This is also encouraged for the webinar sessions.