


Welcome to today's webinar:

*Fatigue Management in Multiple Sclerosis
– General Overview*

Your Presenter is Jacqui Efthimiou
Your Facilitator is Annie Sassin

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Acknowledgement



We acknowledge and pay respect to the traditional custodians past and present on whose lands we meet today.

We acknowledge the deep feelings of attachment and the relationship of Aboriginal people to country and respect the cultural authority of the elders in each community.

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Introduction to Presenter 



Jacqui Efthimiou
Occupational Therapist
Employment Support
Services

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**Manage Multiple Sclerosis Fatigue
– General Overview**

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Fatigue: What is it?



“Fatigue is a subjective lack of physical and/or mental energy that is perceived by the individual or caregiver to interfere with usual and desired activities.”

(from Management of Fatigue in Persons with Multiple Sclerosis, 2014)

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The Impact of Fatigue



Physical
Cognitive
Social

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MS

Noticing Your Fatigue

Fatigue Diary

Daily fatigue monitoring chart

Day	On waking up	Morning	Lunchtime	Afternoon	Evening	Bedtime
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

To complete: Please enter a number between 1 and 5 in each box.
 1=no fatigue 2=some fatigue 3=fatigued 4=quite fatigued 5=very fatigued


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MS

Contributing Factors

- **Sleep and Rest**
- **Depression & Stress**
- **Fitness & strength**
- **Heat**
- **Medications**



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Management Strategies



- Planning, Prioritisation & Pacing
- Rest Breaks
- Exercise
- Diet
- Working Smarter
- Communication

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Heat and Fatigue



- Keep your home cool
- Stay hydrated
- Choose lightweight, loose clothing
- Cool your body
- Exercise in cooler environments
- Planning



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Summary



MS Fatigue is different to normal fatigue

Could the fatigue you are experiencing be caused by something else? An infection, an MS relapse, a side effect of medication?

What can you change in your life to improve fatigue?

Seek specialist help via MS Connect or through your local health professionals

Persist with suggested changes as it may take time to reap the benefits

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FACETS



FACETS -

(Fatigue: Applying Cognitive behavioural and Energy Effectiveness Techniques to LifeStyle) is an evidence-based group program for people living with multiple sclerosis.

Incorporating 'energy effectiveness' techniques and ways to maximise your energy, cognitive behavioural strategies, and helpful ways of thinking about fatigue, this interactive and fully supported program is designed to help you learn to manage your fatigue in a group environment.

This program is evidence based and we've had great feedback from previous programs

For more information please look at our website

<https://www.ms.org.au/support-services/education/facets.aspx>

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Get Your Act Together

- Online Tool
- Strategies to manage fatigue
- Complete the tool to receive a personalized report (listing services, resources, tips etc)
- Services will be ACT specific, but includes useful information for all people living with MS

Visit www.ms.org.au and search **Get Your Act Together**

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MS Fatigue e-learning course

A taster of the FACETS program, six accessible online sessions that look at:

- the daily reality of life with MS fatigue
- its practical and psychological aspects
- useful tips and strategies to manage it

The program aims to normalise the effects of MS fatigue for people, using strategies and techniques for using their available energy more effectively.

It is fully self directed; <https://www.mssociety.org.uk/about-ms/signs-and-symptoms/fatigue/managing-fatigue/online-fatigue-management-course>.

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Questions




MS Connect
1800 042 138
msconnect@ms.org.au

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MS Connect



10 reasons to call us:

1. Up-to-date, evidence based information about multiple sclerosis
2. Expert advice on managing symptoms
3. Information about minimising the impact of multiple sclerosis
4. Support for people who are newly diagnosed
5. Information about treatment options
6. Education programs
7. Connections to other people living with multiple sclerosis
8. Referrals to appropriate services in your area
9. Extra support for you and your family
10. Respite options to give families short-term breaks



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Peer Support




- ❖ 1:1 Phone Support
- ❖ Face to Face groups
 - 2 in the ACT,
 - 9 in Tasmania,
 - 17 in NSW and
 - 40 in Vic
- ❖ Telegroups
 - Currently running 12 telegroups
- ❖ Facebook groups
 - 3 groups – for people living with MS
 - for carers
 - for young carers – up to 25 years of age



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Get Your Act Together



- Online Tool – designed to help you better manage your multiple sclerosis symptoms
- Focuses on some of the common symptoms of MS – emotions, fatigue, continence, cognition, pain and heat sensitivity
- Designed for people living in the ACT but includes useful information for all people living with MS
- Complete the tool to receive a personalized report (listing services, resources, tips etc)

Visit www.ms.org.au and search **Get Your Act Together**

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Employment Support Services

The MS Employment Support Service (ESS) is the only MS specialist employment service for people living with multiple sclerosis in Australia that can help you succeed at work, whether that is staying in your current job or finding new employment.

MS Connect PH 1800 042 138

Watch this video:
<https://youtu.be/G5eRBnYvkw0>



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Registered NDIS Provider


MS is a registered NDIS provider in NSW, ACT, Vic and Tas and is approved to provide:

- Assistance with 'Access Request Forms', Access rejections and pre-planning
- Support Coordination – assistance to help make your plan active
- Plan Management
- Short term accommodation (Vic)
- Group activities – yoga, dance for health, exercise (NSW)
- Exercise Physiology (NSW)
- Specialist Continence Assessment (Vic)
- Occupational Therapy (NSW and Vic)
- Physiotherapy (NSW)

Want to learn more?
Please call
MS Connect
1800 042 138

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My Aged Care 

My Aged Care is an Australian Government initiative, website and phone line to help you find about aged care services.

Available to people who are 65 years of age and over.

Why Contact My Aged Care?


- ✓ Information
- ✓ Assistance in mapping out your needs
- ✓ An assessment for further supports

Phone: 1800 200 422 Free call Australia wide

Website: <https://www.myagedcare.gov.au>

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Thank you 

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Please stay on after this webinar to complete a short survey.

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