

Other supports:

Hospice team: 0800 4736005

General Practitioner: _____

Home help: _____

District Nurses: _____

Organising activities:

Here is some tips to help you prioritise activity and allow other people to help you:

- What is the activity (e.g. cooking dinner)
- How important is the activity? (e.g. high importance)
- When does the activity need to be done by? (e.g. tonight)
- Does it need to be done by me? (e.g. no)
- Could it be done by others? Who? (e.g. Yes, it could be done by my sister)
- Does my loved one mind the activity being performed by someone else? (e.g. No)
- OUTCOME: who will do the activity? (e.g. rang my sister and she will cook us dinner)

Fatigue and your loved one:

Fatigue may become an issue for the person you are caring for. Throughout their illness your loved one will have good and bad days. This is normal. Some days they may be feeling really tired and unwell, and the next day they may be feeling much more energetic.

Fatigue in some people who are ill may develop gradually over time, and can be very unpleasant and distressing. It is seldom resolved by rest. Your support will be needed throughout these times. There are several ways in which you may be able to help the person you are caring for.

Here are some ideas to help your loved one:

- Support them to decide what is most important to them, so that you both can make sure you spend your time together well.
- Ask them what time of day do they feel their best and plan how to use this time – this is a good time to have visitors and do activities.
- Plan rest times when they get most tired in the day – tell visitors not to come at this time. Ideas to avoid unwanted visitors/phone calls:
 - Put a sign on your door
 - Unplug the phone
 - Switch your cell phone to silent
 - Use your answer phone to screen calls
- Ask visitors to ring first before visiting. If they visit while you are tired, do not feel bad if you ask them to leave and come back another day.

**The most important thing is to discuss
fatigue with your healthcare team –
they are there to help**