

# Practical Strategies for Managing Fatigue & Energy Conservation after Stroke:

## Resources for Persons with Stroke and their Caregivers

The resources listed below provide information and strategies that can help with post stroke challenges such as fatigue.

The first resource is the video [Fatigue and Energy Conservation after Stroke](#) (see below). Once you have watched this video, more information on this topic can be found by clicking on the links below. To access the links, click the underlined titles.

### Video

- [Fatigue & Energy Conservation After Stroke](#)

**Source:** Heart and Stroke Foundation Canadian Partnership for Stroke Recovery

### Supporting Resources

#### General Information

- [Low Energy](#)

This webpage provides general information about fatigue after stroke and offers practical tips.

**Source:** Heart and Stroke Foundation of Canada

- [Fatigue - Patient and Family Information](#)

This webpage provides information on types of fatigue, common signs, treatments and interventions.

**Source:** Stroke Engine

- [Sleep After Stroke - Tips on Keeping Well](#)

This self-management website provides tips on keeping well and getting a good nights sleep.

**Source:** Self Help 4 Stroke

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- [Fatigue & Tiredness](#)

This website includes a guide that looks at the causes and impact of fatigue and suggests practical ways you can help yourself and seek support.

**Source:** Stroke Association - United Kingdom

- [Fatigue After Stroke Guide](#)

This leaflet provides information on post stroke fatigue, who is impacted and tips on managing fatigue.

**Source:** Stroke Association - United Kingdom

## Exercise Resources

- [Community Exercise Programs](#)

This website contains information on evidence-based exercise programs that might be offered in your community.

**Source:** Heart and Stroke Foundation of Canada

- [Exercise & Wellness Videos for People with Mobility Challenges](#)

This document contains several links to videos on exercises as well as mindfulness and relaxation.

**Source:** Toronto Rehab, University Health Network

- [Stroke Specific Exercise Programme](#)

A series of 12 videos to help you be more active at home. There are different levels of exercises, which you can follow at your pace.

**Source:** Stroke Association – United Kingdom

- [Being Active](#)

This webpage provides tips on becoming more active, including getting started, moving forward and keeping going.

**Source:** Self Help 4 Stroke

- [Aerobic Exercise after Stroke](#)

This resource provides aerobic activity recommendations for people at any point in their recovery from stroke.

**Source:** Heart and Stroke Foundation Canadian Partnership for Stroke Recovery

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## Caregiver Resources

- [Stroke4Carers: Stress](#)

This e-learning website is designed for caregivers but can be helpful to persons living with stroke. Topics include fatigue.

Source: Stroke4Carers, National Health Service-Scotland

## Practical Tools for Fatigue Management & Energy Conservation

- **Planning Your Day**

Go through the 3 steps below when you plan your day. It is helpful to use a planner, agenda or day timer to keep organized (See example). Ask yourself the following questions to make sure you have enough energy to do what you need to do in a day. Remember everyone is different and will recover in their own time.

### STEP 1

What are all the activities and/or tasks that you want to do? Create a Master To-Do list. Write everything down (including your morning shower).

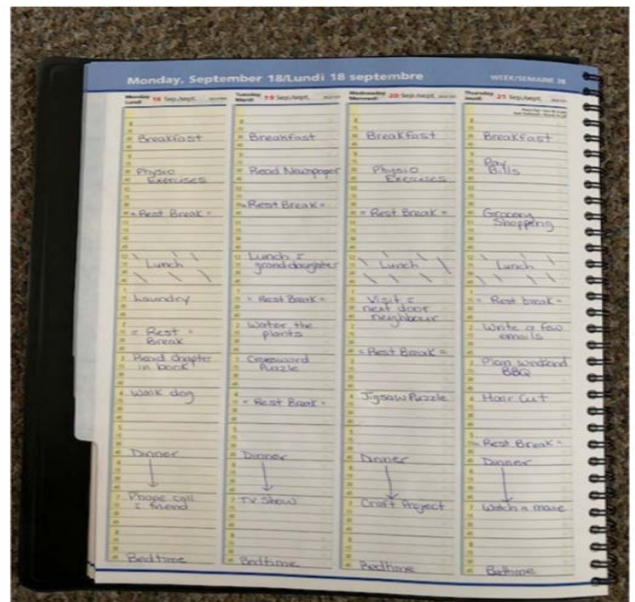
### STEP 2 - Apply the 3 Ps

#### 1. Prioritize - Is the activity:

- A need (shopping for groceries) vs. a want (planting a flower garden)
- Urgent (must be done today)
- Important (must be done in the next few days)
- For later (must be done this week or month)
- Something that can wait (don't need to/or can't do)
- Something that someone else can do for you

#### 2. Planning - When will I do the activity? Think about:

Appendix A: Sample Day timer Page



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- When do I feel my best (morning, afternoons, or evenings)?
- What else do I need to do today (laundry, shopping, meal planning, etc.)?
- Can I spread out tasks over the day or week?
- Have I planned for rest breaks?

**3. Pacing** - How will I do the activity? Think about:

- Can I do the activity over a few days?
- Can I break down the activity into simple steps?
- Can I give myself more time to do my usual tasks?
- Can I mix physical and cognitive tasks throughout the day?
- How does my body feel? (If my symptoms, like headache and dizziness, get worse then I should stop and rest).

**4. Environment** - Where will I do the activity? What position will my body be in while I do the activity? Think about:

- Is the environment going to make me use more energy (e.g., distractions, stairs, poor lighting)?
- Is my body position going to make me use more energy (e.g., standing, bent back or neck, moving).

**STEP 3** - Evaluate your plan and the activity

- Did you perform the activity to your satisfaction?
- How does your body feel after doing the activity?
- Do you need to make any changes for next time

**Use an Activity Journal to help you plan!** Planning your day can help you balance activity with rest. You can also track your symptoms and discover the activities that make you feel the best. **Sample Activity Tracking Sheet**

Time	What I'm going to do	What I really did	How did I feel after completing task?
Wake up to 8 am			<input type="checkbox"/> better <input type="checkbox"/> worse <input type="checkbox"/> no change Main symptoms:
8 - 9 am			<input type="checkbox"/> better <input type="checkbox"/> worse <input type="checkbox"/> no change Main symptoms:
9 -10 am			<input type="checkbox"/> better <input type="checkbox"/> worse <input type="checkbox"/> no change Main symptoms:
10 -11am			<input type="checkbox"/> better <input type="checkbox"/> worse <input type="checkbox"/> no change Main symptoms:
11 -12 pm			<input type="checkbox"/> better <input type="checkbox"/> worse <input type="checkbox"/> no change Main symptoms:
11- 12 pm			<input type="checkbox"/> better <input type="checkbox"/> worse <input type="checkbox"/> no change Main symptoms:
12 - 1 pm			<input type="checkbox"/> better <input type="checkbox"/> worse <input type="checkbox"/> no change Main symptoms:
1- 2 pm			<input type="checkbox"/> better <input type="checkbox"/> worse <input type="checkbox"/> no change Main symptoms:
2 - 3 pm			<input type="checkbox"/> better <input type="checkbox"/> worse <input type="checkbox"/> no change Main symptoms:
4 - 5 pm			<input type="checkbox"/> better <input type="checkbox"/> worse <input type="checkbox"/> no change Main symptoms:
5 - 6 pm			<input type="checkbox"/> better <input type="checkbox"/> worse <input type="checkbox"/> no change Main symptoms:
6 - 7 pm			<input type="checkbox"/> better <input type="checkbox"/> worse <input type="checkbox"/> no change Main symptoms:
7 - 8 pm			<input type="checkbox"/> better <input type="checkbox"/> worse <input type="checkbox"/> no change Main symptoms:
8 - 9 pm			<input type="checkbox"/> better <input type="checkbox"/> worse <input type="checkbox"/> no change Main symptoms:
9 pm to bedtime			<input type="checkbox"/> better <input type="checkbox"/> worse <input type="checkbox"/> no change Main symptoms:

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