

SELF-MANAGEMENT TIPS ②

Rehabilitation is a service or activity that can help to address or prevent many of the health-related challenges (or disabilities) that people living with HIV experience. You are an important part of the rehabilitation team and there are many strategies which are considered important components of rehabilitation that you can put into action to help deal with these challenges.

FATIGUE & HIV

Fatigue is commonly experienced by people living with HIV. You may get tired easily when you try to stand, climb stairs or walk for any length of time.

This pamphlet will provide information on strategies that can help you manage your fatigue.

MANAGING YOUR FATIGUE

You can conserve or increase your energy level by following the **Five Ps** of Energy Conservation.

- 1. Pacing:** Break large tasks into several smaller ones. Space your jobs over the day or else save some for the next day
- 2. Positioning:** Use correct posture and body positions while sitting, standing, taking part in recreational or other activities - and even while asleep. Make sure beds, chairs, desks, tables and computer keyboards are at a comfortable height.
- 3. Planning:** Make a list of things you have to do during the day. Plan to do the most difficult tasks when you're feeling your best. Keep the work you need to do close by and organized.

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4. **Setting priorities:** Do only what you decide is most important. Eliminate less important tasks or ask someone to help you with them.
5. **Problem-solving:** Increase your energy and reduce pain by asking yourself:
 - ✘ Is there an easier and better way of doing this task such as pushing instead of pulling or using two hands instead of one?
 - ✘ Is there some device, such as an electrical appliance or piece of equipment that can make this job easier?
 - ✘ Do I really need to do this task?

NEED MORE INFORMATION?

Source: Written by Canadian Working Group on HIV and Rehabilitation [CWGHR] for Canadian AIDS Treatment Information Exchange [CATIE]: "Managing Your Health" Rehabilitation Chapter 2008 Edition.

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