

If you're a person living with fatigue, you know how difficult it can be to find the energy to participate in life.

Maybe you've become disconnected from your friends, family, work and the activities you enjoy because the impact fatigue has on your life.

We also bet that you've tried a lot of different treatments so far to help improve your fatigue. You've seen doctors, specialists, and worked with all types of different experts and health professionals in an effort to finally feel better. But you still can't seem to get back to doing the things that matter to you — and in many ways, you're still at the mercy of however much energy you have on a given day.



## What makes this program different?

This is not just an educational course where we teach you some nice strategies and send you on your way. **Every program is customised** for everyone we work with, and we do not give vague, “blanket” advice. We care about you, your life, and how to make the fatigue management strategies we teach work for you. Every week, **you'll receive one-on-one coaching and advice from an experienced health professional**, to help you figure out how to set goals and stay on track. We're there to troubleshoot and support you every step of the way.

## Want to learn more?

[purpleco.com.au/services/fatigue-management-program](https://purpleco.com.au/services/fatigue-management-program)

Website

[admin@purpleco.com.au](mailto:admin@purpleco.com.au)

Email

**0414 276 265**

Call Jo Muirhead directly

One of our team members will talk to you about our program in more detail, to help you decide if the Fatigue Management Program is right for you.

# The Purple Co Fatigue Management Program



Learn how to take back control of your energy, and get back to doing the activities that matter to you

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We created the Fatigue Management Program to help people who are dealing with fatigue and low energy as a result of:

1. Post Cancer
2. Autoimmune conditions
3. Multiple Sclerosis
4. Brain injury
5. Parkinsons

Our goal is to help you learn the strategies and tools you need to manage your fatigue, independent of your level of fatigue. What we mean by that is this: we can't promise you a cure for fatigue (nobody can, truthfully) or that you will experience less fatigue when you work with us. But here's what normally happens instead:

People learn how to **re-engage** with the activities they've been missing out on due to fatigue. They are able to exercise, move more, and spend time feeling more productive.

They learn how to **manage flare-ups** in their fatigue, so that if their symptoms rise, they have the tools they need to stay on track.

People learn how to better **manage their fatigue** so that their ability to participate in work and life roles increases — which means that you start doing more of the stuff that matters to you.

*“We're here to help you take back control of how fatigue and low energy impacts your life.”*

## What Exactly is the Purple Co Fatigue Management Program?

Our Fatigue Management Program is a **6 week, one-on-one coaching package** developed by the team of Occupational Therapists, Rehabilitation Counsellors and Psychologists at Purple Co, the Purpose for People Company. We help people get back into work and life after they've experienced injury, illness or trauma. Through our work with clients, we've come to realise that people benefit most when they learn the strategies and tools they need in order to manage their fatigue, rather than relying on treatment alone. We created the Fatigue Management Program to fill the big need that exists for countless people dealing with fatigue: *“I want to learn how to do the things that matter to me again”.*

### How does it work?

Over the course of 6 weeks, you'll have weekly one-on-one sessions with one of our experienced Rehabilitation Consultants. We won't just walk you through the content of the program — we'll sit down with you each week to **discuss your concerns and questions** and help you figure out how to **implement the strategies** we teach into your life in a way that works for you.

#### Here's what we cover

- Introduction to fatigue
- How to plan and prioritise your time
- Rest and sleep hygiene
- Task simplification
- Cognition, emotional and social management

## What results can I expect?

When people participate in our fatigue management program and implement the strategies we teach, here's what typically happens:

People's fatigue severity (i.e. their level of fatigue) typically does not change. We expect this, as this is not a program that attempts to decrease your fatigue. We care about helping you manage your fatigue so that you can get back to doing the things that matter most to you.

All of our clients have reported a reduction in how much fatigue impacts their life. This means that their choices and their activities are less dictated by their fatigue than they were before our program.

And of course, our clients typically learn a wide range of new strategies for managing their fatigue!

In real terms, this means that people are able to get back in participating in the activities they care about: things like exercise, hobbies, and spending time with their family and friends. If you're not working (or on reduced hours) due to your fatigue, we can also tailor the program to help you get ready for work, improve your capacity, and help you stay well at work when you get back.

