

## **Fatigue and Breathlessness Management Programme (FAB)**

This service is open for referrals and is currently being delivered remotely by telephone or other virtual means.

The programme is designed to support people aged 18 and over who have a life limiting condition, for whom breathlessness is a core symptom, but who may also suffer from fatigue and / or anxiety.

The FAB programme aims to improve your confidence in managing your fatigue and breathlessness, enabling you to reduce your anxiety and regain some sense of control.

A core element of the programme is to have the opportunity to talk through your circumstances with an Occupational Therapist and a Physiotherapist.

The topics covered within the programme will be based upon your individual needs and may include:

- Practical strategies and techniques to manage breathlessness.
- Practical strategies for managing fatigue.
- Gentle exercise.
- Sleep management.
- Relaxation techniques.
- Information about equipment and aids to help reduce fatigue and maintain independence.
- Signposting to other services.

If you are interested in participating in the **FAB programme**, please speak to a **health professional** involved in your care to find out if a referral would be appropriate.