

**Fatigue Scale**

**About this fatigue scale**

**What is the difference between tiredness and fatigue?**

Tiredness is experienced by all humans, and can be caused by certain daily activities, tasks, sleep patterns or schedules. However, fatigue is a recurrent, whole-body tiredness and extreme lack of energy. Tiredness and fatigue are not mutually exclusive, so you can be fatigued and tired at the same time.

On page two you can see an example of a scale which can be used during appointments to help explain the level of fatigue.

**Context:** Expression of fatigue can be difficult for autistic people, especially when there are many other factors that can impact how we experience fatigue and tiredness. Remember that autistic adults may still be extremely fatigued and tired but still able to perform all daily tasks and partake in social activities due to masking or hyper-fixation.

**Adaptations:** This scale can be adapted so that it best represents how you experience fatigue. For example:

* How often or how long you have been experiencing this fatigue,
* Specific language that you would use to describe fatigue,
* Specific tasks that you are unable to do,
* Use colour code the scale such as a traffic light system.

**When and Where:** This can also be used to explain fatigue over different periods of time, such as time of day or days of the week, or months of the year.

 

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| 10 | I am unable to complete any tasks because I am so fatigued.  |
| 9 | I am unable to do even simple tasks without being exhausted.  |
| 8 | I need to sit down more regularly and use more self-care techniques to complete essential daily tasks.  |
| 7 | I am only able to complete tasks that I can do at home.  |
| 6 | I need to limit the number of tasks I do each day to limit fatigue. |
| 5 | I am still able to do essential tasks such as food shopping outside of my home.  |
| 4 | I am noticing that everything requires more energy, and I am struggling to do many daily tasks.  |
| 3 | I feel tired and need to take more breaks than normal to complete daily tasks.   |
| 2 | I feel tired and notice that it takes more effort to do my daily tasks.  |
| 1 | I feel tired but this is not affecting my daily life.  |

**Please note that the scales are designed to look at the impact on the individual rather than specific symptoms and where someone is on the scale can fluctuate over time.**