



The following list contains examples of at home activities you can participate in with your loved one to address the goals of arousal and sensory stimulation. When you are participating in these activities with your loved one, remember to look for signs of fatigue.

### Arousal Activities

- Sensory Stimulation
  - Noises: instruments, television, etc.
  - Smells: oils, plants, lotions, etc.
  - Tactile: plants, sand, sensory toys, etc.
- Recreation Based Apps (hand over hand):
  - Skee-Ball 2
  - Action Bowl 2
  - Balloon Rock
  - Doodle Buddy
  - Paint
- Familiar Music
  - Music Apps:
    - Tiny Guitar
    - Piano
    - Spotify
    - Pandora
    - Drum Kit
- Books on tape
- Pet Therapy
- Changes in environment

### Fatigue

A nearly universal complaint that people have with head injury is fatigue, no matter what part of the rehabilitation process you are. Although fatigue decreases over time, it is a very persistent problem. Some signs of fatigue can be BP and HR changes, sweating, posturing, and pressured breathing.

### Mental versus Physical Fatigue

“**Physical**” refers to doing some sort of physical exertion that has been experienced. Our strength and endurance decreases after a brain injury. What surprises people with a head injury is the “**mental**” fatigue. For example, you could spend all day in your pulling out weeds and not feel tired from it, but an hour of balancing the checkbook will leave you exhausted. This is mental fatigue and tends to go on for long periods of time. Let’s use another analogy. Think of owning a car that you can only fill with half a tank of gas. You can now only go half as far as you used to. When you run out of gas, the engine stops. With mental fatigue, it’s as if the brain runs out of chemicals and just shuts down.

If you become physically ill with a cold, or have surgery, this fatigue disorder briefly increases for a short time.

Information received from <http://www.tbiguide.com/fatigue.html>