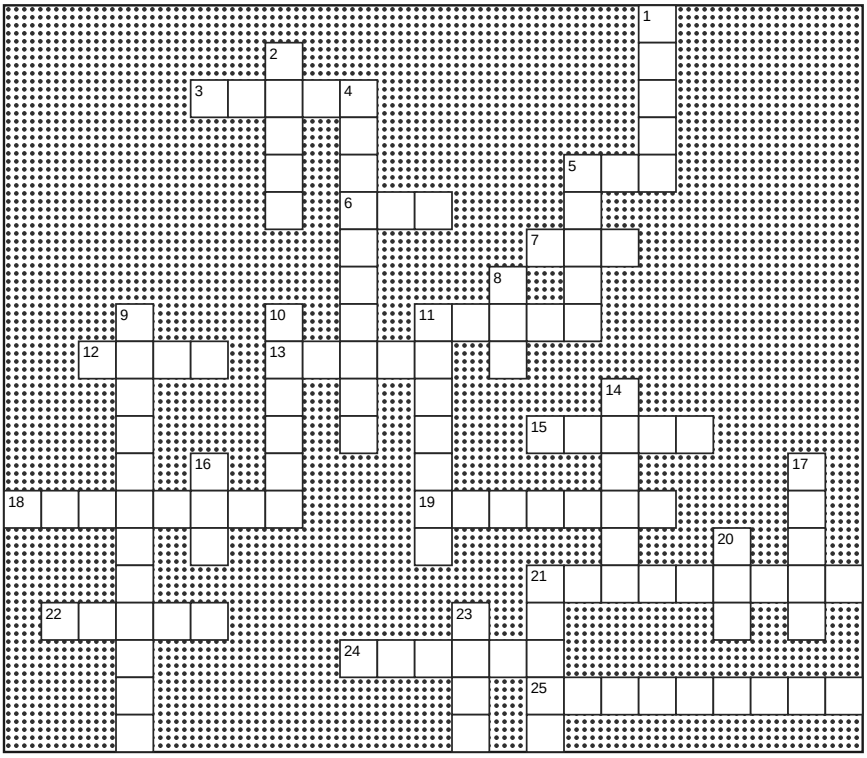
Available Capacity and Spoons



Across

3. An activity that may need to stop when symptoms make it unsafe.

5. What you might do in a chair when standing uses too much capacity.

6. The abbreviation for everyday self-care activities such as dressing and eating.

7. A short sleep that may help you recharge during the day.

11. You do not need to give your available capacity a number or a ___.

12. Getting dressed, taking a shower, or making food is an example of one.

13. Reducing background ___ can make a conversation easier.

15. Something pacing may include when an activity becomes difficult.

18. The amount you can handle at a particular time.

19. What you may need time to do after an activity or episode.

21. The nervous system that controls automatic functions such as heart rate and digestion.

22. Some effects of an activity may appear after a ___.

24. Everyday activities can require much more of this than other people realize.

25. Tools or devices that may make an activity safer or easier.

Down

1. What you may want when the sounds around you become overwhelming.

2. Spending time with someone is a social activity that can use capacity.

4. When saying ·I·m a little tired· does not come close to describing how you feel.

5. A supporter might offer company, help, quiet, or some ___.

8. Available capacity describes what you can manage right ___.

9. A medical term for an ability that gets worse with repeated or continued effort.

10. Available capacity is more than simply how much ___ you think you have.

11. Light, sound, and busy surroundings can add this type of strain.

14. Doing something once does not mean you can always ___ it five minutes later.

16. Something you may use to make an activity safer or easier.

17. The point when continuing an activity becomes too difficult or unsafe.

20. When capacity is very ___, safety may need to come first.

21. Capacity includes considering what you may need ___ an activity.

23. Each activity has one even when nobody sends you a bill.

Word bank

ADL | AFTER | AID | AUTONOMIC | BREAK | CAPACITY | COST | DELAY | DRIVE | EFFORT | ENERGY | EQUIPMENT | EXHAUSTION | FATIGABILITY | LIMIT | LOW | NAP | NOISE | NOW | QUIET | RECOVER | REPEAT | SCORE | SENSORY | SIT | SPACE | TASK | VISIT