

# information

[www.meassociation.org.uk](http://www.meassociation.org.uk)

## ME/CFS Disability Rating Scale

### VERY SEVERE

#### 100% disabled

Severe symptoms – often on a continual basis. Cognitive function (ie problems with short-term memory, concentration, attention span) is likely to be very poor. Bedridden and incapable of living independently. Requires a great deal of supervision and practical support – including disability aids, such as a hoist or stair lift – with all aspects of personal care (ie feeding, dressing, washing) on a 24-hour basis.

#### 90% disabled

Severe symptoms, often including marked cognitive dysfunction, for much or all of the time. Bedridden and housebound for much or all of the time. Experiences considerable difficulties with all aspects of personal care. Unable to plan or prepare meals. Requires practical support and supervision on a 24-hour basis.

### SEVERE

#### 80% disabled

Moderate to severe symptoms for most or all of the time.

Only able to carry out a very limited range of physical activities relating to personal care without help. Requires help with meal planning and preparation. Frequently unable to leave the house and may be confined to a wheelchair when up, or spend much of the day in bed. Unable to concentrate for more than short periods of time. Usually requires daytime and night time supervision.

#### 70% disabled

Moderate to severe symptoms for most or all of the time. Confined to the house for much or all of the time. Normally requires help with various aspects of personal care, meal planning and preparation – possibly on a 24-hour basis. Very limited mobility. May require wheelchair assistance.

### MODERATE

#### 60% disabled

Moderate symptoms for much or all of the time. Significant symptoms exacerbation follows mental or physical exertion. Not usually confined to the house but has significant restrictions on mobility when outside and may require wheelchair assistance. Likely

to require help with aspects of personal care and meal preparation – but not necessarily on a full-time basis. Requires regular rest periods during the day. Unable to resume any form of meaningful employment or education on a regular basis.

#### 50% disabled

Moderate symptoms for much or all of the time. Symptom exacerbation follows mental or physical exertion. Not usually confined to the house but mobility restricted to walking up to a few hundred yards at best. May require help with some aspects of personal care. May require help with meal planning and preparation. Requires regular rest periods during the day. Able to carry out light activities (ie housework, desk work) associated with normal daily living for short periods but not able to resume regular employment or education.

#### 40% disabled

Mild to moderate symptoms for some or much of the time. Normally able to carry out most activities associated with personal care and normal daily living but may require

assistance with meal preparation. May be able to cope with some work-related tasks for short periods – provided they are not mentally and physically strenuous – but not able to resume employment on a regular basis.

## **MODERATE TO MILDLY AFFECTED**

**30% disabled**

Mild to moderate symptoms for some of the time. Normally able to carry out all aspects of personal care and to plan and prepare meals. Able to walk short distances on a

regular basis. May be able to return to work on a flexible or part-time basis – provided adjustments are made to cope with cognitive and mobility problems. May have to stop leisure or social pursuits in order to return to work or education.

**20% disabled**

Normally only mild symptoms at rest but exacerbation will follow activity. Able to carry out all aspects of personal care and to plan and prepare meals. Able to walk short to medium distances (up to half a mile) on a regular basis. Normally able to return to flexible or

part-time employment. May be able to resume full-time employment.

**10% disabled**

Generally well with only mild symptoms. No problems with personal care or daily living. Mobility may still be restricted but almost back to previous levels. May be able to return to full-time employment.

**0% disabled**

Fit and well for at least the past three months. No symptoms at rest or following exertion. Capable of full-time employment or education.

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**me**

**Scott Savage conquers The Mountain of Doom**

**AND INSIDE**  
Andy Beaumont writes about his mountain challenge  
Time to get back on track after the 'death threats' saga

## **Our quarterly ME Essential magazine**

*To find out how to obtain it regularly, please phone 01280 818964 or email: [administration@meassociation.org.uk](mailto:administration@meassociation.org.uk)*