

MANAGEMENT FILE

by DR CHARLES SHEPHERD, our medical adviser

This leaflet is based on an article which first appeared in the ME Association's quarterly *ME Essential* magazine. MEA membership costs £18 a year for people living in the UK/BFPO. For contact details, see foot of this page.

the ME association



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ME/CFS DISABILITY RATING SCALE

VERY SEVERE

100% DISABLED

Severe symptoms – often on a continual basis. Cognitive function (i.e. 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 a stair lift – with all aspects of personal care (i.e. 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.

Has 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 spends 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 and 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 symptom 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 meaningful regular employment or education.

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 (i.e. housework, desk work) linked to normal daily living for short periods but not able to resume regular employment or education.

40% DISABLED

Moderate symptoms for some or much of the time. Normally able to carry out most activities linked to 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 or physically strenuous – but not able to resume regular work or education.

MODERATE TO MILD

30% DISABLED

Fluctuating level of mild to moderate symptoms. 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 physical activity or cognitive problems. May have to stop leisure or social pursuits to resume 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 (i.e. up to half a mile) on a regular basis. Normally able to return to flexible or part-time work or education.

10% DISABLED

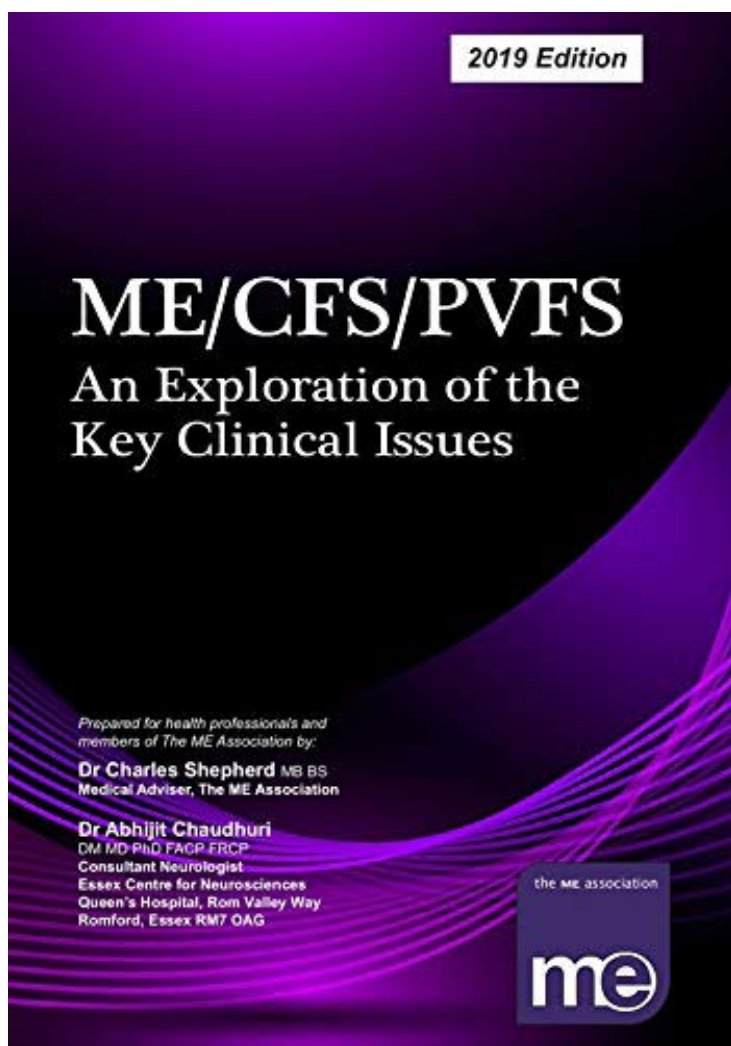
Generally well with occasional mild symptoms. No problems

with personal care or daily living. Mobility and cognitive functions may still be restricted but almost back to previous levels. May be able to return to full-time work or education.

0% DISABLED

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

Medical information contained in this leaflet is not intended to be a substitute for medical advice or treatment from your doctor. The ME Association recommends that you always consult your doctor or healthcare professional about any specific problem. We also recommend that any medical information provided by The MEA is, where appropriate, shown to and discussed with your doctor.



Our clinical and research guide

**Available only from
The ME Association**

**Tel 01280 818 963
for your copy or buy it
online here:**

<https://tinyurl.com/h87p8td>

Price £9.