

*“My GP did not listen to me or even try to understand the symptoms I was dealing with or the life changing effects they were having. His comments were detrimental. It’s been a very hard journey and I felt largely unsupported and worthless” - Dawn*

“If a person with ME/CFS needs support at home, conduct a social care assessment, record, and provide information and support on, e.g., activities of daily living, mobility, use of stairs, access to outside space, dexterity and poor balance, their home, equipment and adaptations, where to get financial support and advice...”

*NICE Draft Guideline  
ME/CFS 2020/21*



**ME  
Awareness  
Week  
2021**

Health and  
Social Care

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

*Hope for a Better Future?*

**#NHS4MECFS**

