

Looking After People with Myalgic Encephalomyelitis (M.E.)

Home Care - Key Messages

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### ***Approach to Care:***

- People with M.E. may be among the sickest people you will ever have contact with
- Do not 'push' - let the client dictate the pace
- Be aware that your client may not be able to concentrate for long
- The client knows best - don't try to impose your views, your priorities or your values

### ***Avoid Sensory overload:***

- Keep noise to a minimum
- A quiet manner is best
- Do not use mobile phones during care calls
- Protect clients with chemical sensitivities - do not expose them to chemicals or perfumes

### ***Protecting from Infection:***

- Protect your client - don't carry an infection in
- Wash your hands – repeatedly - vital for infection control
- Protect yourself and your other clients – don't carry an infection away with you

### ***Shopping and Cooking:***

- Your client may not be able to eat common foods like wheat, or dairy products
- They may react to common food additives
- Respect specific shopping requests - details matter
- Your client may require to eat little and often

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UNDERSTANDING & REMEMBRANCE DAY
for
SEVERE MYALGIC ENCEPHALOMYELITIS

