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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www.25megroup.org
enquiry@25megroup.org
21 Church Street
Troon, Ayrshire
KA10 6SQ
01292-318611