

Resource Booklets Provided by ACTION FOR M.E.

Action for M.E. is one of the leading charities in UK for people with CFS/ME. The charity provides a number of informative booklets to help individuals to manage their symptoms and the impact of the condition. Their website can be a helpful resource to explore – <http://www.actionforme.org.uk>. A brief overview of the booklets is provided below, alongside the website addresses to take you directly to the booklet for you to download in your own time:

OVERVIEW OF CFS/ME

Booklet Title: 'All about M.E.'

Contents overview: This booklet provides an overview of the condition and ways in which to manage it. It covers: NHS guidelines, triggers and symptoms of ME, how ME is diagnosed, managing relapses and setbacks, NHS care and seeing a private practitioner, treatment and management of ME (including pacing, Cognitive Behaviour Therapy, and Graded Activity Therapy).

Direct download address: <https://www.actionforme.org.uk/uploads/all-about-me-booklet.pdf>

Booklet Title: 'Newly Diagnosed'

Contents overview: This booklet provides more information and support about the diagnosis, symptoms and management of ME.

Direct download address: <https://www.actionforme.org.uk/uploads/newly-diagnosed-booklet-dec-15.pdf>

Booklet Title: 'Overview of M.E. Factsheet'

Contents overview: This booklet provides a more compact overview of the symptoms, diagnosis and management of ME.

Direct download address: <https://www.actionforme.org.uk/uploads/pdfs/overview-of-me-factsheet.pdf>

Booklet Title: 'Caring for Somebody with M.E.'

Contents overview: This booklet is intended to give advice and guidance to anyone who has become a carer of someone with M.E. It covers: understanding ME, looking after yourself as a carer, welfare benefits, pointers and tips, and useful contacts.

Direct download address: <https://www.actionforme.org.uk/uploads/pdfs/caring-for-somebody-with-me-booklet.pdf>

MANAGEMENT OF CFS/ME

Bath Centre for Fatigue Services

Specialist help for adults with enduring fatigue

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Booklet Title: 'Taming the Gorilla'

Contents overview: This booklet provides a useful understanding of the psychological impact of living with ME and the management of the psychological impact.

Direct download address: <https://www.actionforme.org.uk/uploads/taming-the-gorilla-booklet.pdf>

Booklet Title: 'Pacing for People with M.E.'

Contents overview: This booklet provides an understanding of 'Pacing' and how to implement its use in daily living. Pacing can help you to take control of your condition and enable you to become an expert in managing your illness.

Direct download address: <https://www.actionforme.org.uk/uploads/pdfs/pacing-for-people-with-me-booklet.pdf>

WORK AND HIGHER EDUCATION

Booklet Title: 'M.E. and Work'

Contents overview: This booklet helps people with ME to stay in work and consider employment. It covers: the legal rights of individuals (including making reasonable adjustment at work), advice on gaining work and if you lose your job, and money matters.

Direct download address: <https://www.actionforme.org.uk/uploads/me-and-work.pdf>

Booklet Title: 'An Employers Guide to M.E.'

Contents overview: This booklet provides a useful guide for employers in understanding ME, the legal responsibilities, sickness absence, recruitment and useful contacts.

Direct download address: <https://www.actionforme.org.uk/uploads/an-employers-guide-to-me-booklet.pdf>

Booklet Title: 'M.E./CFS and Higher Education'

Contents overview: This Booklet provides an overview of ME, the disability legislation for ME, the impact of studying on ME symptoms, and what departments can do to help you.

Direct download address: <https://www.actionforme.org.uk/uploads/pdfs/how-might-me-affect-studying.pdf>

BENEFITS

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Booklet Title: 'Guide to Benefits'

Direct download address: <https://www.actionforme.org.uk/uploads/pdfs/guide-to-benefits-factsheet.pdf>

Booklet Title: 'Personal Independence Payment (PIP) – Overview Factsheet'

Direct download address: <https://www.actionforme.org.uk/uploads/pdfs/PIP-overview-factsheet.pdf>

Booklet Title: 'Personal Independence Payment (PIP) – Filling in the Form'

Direct download address: <https://www.actionforme.org.uk/uploads/pdfs/pip-filling-in-the-form-factsheet.pdf>

Booklet Title: 'Personal Independence Payment (PIP) - Supporting Evidence'

Direct download address: <https://www.actionforme.org.uk/uploads/pdfs/PIP-supporting-evidence.pdf>

Booklet Title: 'Personal Independence Payment (PIP) - Appeals Factsheet'

Direct download address: <https://www.actionforme.org.uk/uploads/pdfs/PIP-appeals-factsheet.pdf>

Booklet Title: 'Disability Living Allowance (DLA) – Filling in the Form'

Direct download address: <https://www.actionforme.org.uk/uploads/pdfs/DLA-filling-in-the-form.pdf>

Booklet Title: 'Disability Living Allowance (DLA) – Medical Assessment'

Direct download address: <https://www.actionforme.org.uk/uploads/pdfs/dla-medical-factsheet-dec15.pdf>

Booklet Title: 'Disability Living Allowance (DLA) – Appeals Factsheet'

Direct download address: <https://www.actionforme.org.uk/uploads/pdfs/DLA-appeals.pdf>

Booklet Title: 'Employment Support Allowance (ESA) - Filling in the Form'

Direct download address: <https://www.actionforme.org.uk/uploads/pdfs/esa-filling-in-the-form-factsheet.pdf>

Booklet Title: 'Employment Support Allowance (ESA) – Appeals Factsheet'

Direct download address: <https://www.actionforme.org.uk/uploads/pdfs/esa-appeals-factsheet.pdf>

Booklet Title: 'Blue Badge – Factsheet'

Direct download address: <https://www.actionforme.org.uk/uploads/pdfs/blue-badge-factsheet.pdf>

Booklet Title: 'Nothing about M.E. without M.E.'

Direct download address: <https://www.actionforme.org.uk/uploads/pdfs/nothing-about-me-without-me.pdf>