

Donations

Donations through the national **GiveNow** website at:

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Or a bank transfer to:

Bridges & Pathways ME/CFS Fund

Account Name: Bridges & Pathways

BSB Number: 805-050

Account No.: 2359845

Description: **ME/CFS Clinic/Research**

*Please send a copy of the receipt via email to bpprojects02@gmail.com so we can send you a tax receipt.

Your donations will be used to:

- Fund research on new tests and treatments
- Set up and maintain a multidisciplinary clinic
- Facilitate training and resources for doctors and practice nurses
- Improve access to multidisciplinary health services
- Evaluate care planning and management coordination for patient welfare.



Bridges and Pathways Institute Inc. is a **solution focused** Australian Charity working to reduce disadvantage and improve the lives of all Australians living with non-priority/poorly understood conditions including:

- ME/CFS Chronic Fatigue Syndrome
- Fibromyalgia, Chronic Pain Syndrome

by establishing a much needed multidisciplinary **best practice care** clinic to improve research opportunities, daily care and access to services.



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ME/Chronic Fatigue Syndrome Clinic and Research Fund

**Bridges & Pathways
Institute Inc.**

Charitable License Number CCP 1022



ME/Chronic Fatigue Syndrome

Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS) is a serious complex disabling illness which causes incapacitating fatigue, pain, cognitive problems and other immune neurological and autonomic symptoms. Despite an estimated number of 200,000 Australians living with ME/CFS, there is limited funding for services and research.

Bridges & Pathways works in collaborations with providers and researchers to improve services, research, care planning and access to health and community services.

ME/CFS care can be improved using patient-centred multi-disciplinary assessments and a targeted, problem-solving approach to management. Management is a mixture of the best of medicine and acquisition of skills to make lifestyle adjustments.

Bridges & Pathways ME/CFS

Project Priorities

The Bridges & Pathways/South Australian ME/CFS/FMS Clinical and Research Collaboration has been working for 17 years with primary care networks, general practitioners, researchers and other health care providers and consumers to improve research and services.

The **project priorities** are:

- to coordinate a multi-disciplinary range of research and services that include both medical and lifestyle approaches (diet, physiotherapy, psychology, exercise physiology and integrated health) and community involvement
- to bring the latest research, tests and treatments to Australia
- to reduce the unnecessary time gaps between research and daily care
- to train more providers and distribute practice tools and resources
- to provide accredited workshops
- to set up a patient-centred multi-disciplinary demonstration clinic as a central point to coordinate research, improve treatments and daily care.

