Needs

Managing Illness

Control

Collaboration

Support

and

Social Participation

Managing Illness: Appraising Needs and Developing Strategies

Making Sense of Illness and Aligning Perspectives

- Make sense of symptoms & gain diagnosis
- Adjust views and priorities
- Develop strategies to manage impairments & limitations
- Strategies to maintain & regain social participation

Positive attitude & support from significant others

Recognition of needs, respect & empathy from service providers

Information about CFS/ME