



**Cymdeithas Cefnogi  
ME & CFS Cymru**

**Welsh Association of  
ME & CFS Support**

## **WAMES patient & carer survey: preliminary results**

In 2008 WAMES began a survey of patients' and carers' experiences of ME & CFS services in Wales to provide evidence to support our campaigning.

### **Key health care results:**

Only 17% receive ongoing and follow-up care from a health professional – no neurological support.

51% have stopped discussing their condition with their GPs.

The most cited reason was that their GP did not have the knowledge to help them, followed closely by the GP being disinterested.

### **About the people with ME:**

71% were female    24% were male    the rest didn't specify  
34% were age 40-54    30% age 55-64    14% 65+    12% age 12-25

### **Severity of symptoms:**

16% mild or mild-moderate    37% moderate    26% moderate-severe  
21% severe-very severe

### **Diagnosis:**

42% ME    23% ME/CFS    11% CFS  
others a mixture of CFS, ME, PVFS, FM

We also asked patients whether they received social care, benefits and education.

### **About the carers:**

59% of carers who answered the question were over 55 years of age.

49% who had approached Social Services for help has not been offered a Carers Assessment.

Only 10% had their needs recognised as a carer and received services.

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