



ABN 29 248 878 249

Charitable license number CCP2731

Who We Are

Bridges & Pathways Institute Inc. is an Australian charity established in 1999 by general practitioners, patients and carers when younger people failed to recover from a mystery illness and there were no services available to support them.

For over 20 years we have worked to provide better access to healthcare and research and to improve the lives of Australians living with long term pain and fatigue conditions, including Myalgic Encephalomyelitis / Chronic Fatigue Syndrome (ME/CFS) and Fibromyalgia Syndrome (FMS).

Our Vision

Australians living with ME/CFS and Fibromyalgia have access to **early intervention, and seamless, affordable, best practice care** to limit their illness and maintain their quality of life.



What We Do

We work as part of the General Practice Primary care referral network to support clients.

We actively participate in Health Reforms to improve services and funding for research into ME/CFS and Fibromyalgia.

We are focussed on 'affordable solutions', appropriate care planning, early intervention and personalised tailored management.

For clients we:

- ▶ Help with management, care planning and appropriate referrals
- ▶ Facilitate self-management and networking groups
- ▶ Provide education and health coaching
- ▶ Operate a national phone line and social media information and support for stakeholders
- ▶ Online Education Programs via Zoom
- ▶ Aberfoyle Park Day Centre
- ▶ Work with providers and researchers to improve understanding of clients' immediate needs.



BRIDGING KNOWLEDGE GAPS BETWEEN RESEARCH AND DAILY CARE, TO IMPROVE THE LIVES OF AUSTRALIANS LIVING WITH MULTISYSTEM CHRONIC COMPLEX DISEASES

Program Priorities

Our current initiatives build on our two decades of experience working with health providers, researchers and clients.

- ▶ Employ a Community Engagement Nurse Researcher to promote best-practice medical care
- ▶ Receive referrals for case management and complex care issues
- ▶ Streamline care plans and referrals
- ▶ Provide telehealth support and resources for rural and housebound clients
- ▶ Facilitate education programs to improve access to Centrelink and NDIS
- ▶ Actively participate with University researchers to validate the latest tests and treatments
- ▶ Pilot Multi-disciplinary Team Management in a clinical setting (Long waiting list)
- ▶ Facilitate accredited provider training and resources
- ▶ Facilitate an Australian database targeting and circulating the latest treatment information

To register email
Bpclients5159@gmail.com

Call us 0480 292 016

Bridges & Pathways Institute Inc. works to improve access to affordable care and services for Australians living with complex and poorly understood conditions, including:

Myalgic Encephalomyelitis (ME)
Chronic Fatigue Syndrome (CFS)
Fibromyalgia (FMS)

Bridges & Pathways Institute Inc.
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www.bridgesandpathways.org.au

www.facebook.com/bridgepath/

How You Can Help

Register your interest by emailing

bpclients5159@gmail.com

And keep up-to date through our Newsletter and Facebook Page

Volunteer

Bridges & Pathways is a charity run by volunteers. We currently have a number of positions available (online or in the southern suburbs of Adelaide). Please contact us for more information.

Fundraise or donate

Bridges and Pathways funds its work through donations, grants, sponsorships and collaborations.

All donations of \$2 or more are tax deductible in Australia.

Donations can be made through our website:
www.bridgesandpathways.org.au/donations/

Or

Donate through **the secure Australian GiveNow site**

Fibromyalgia/ME/Chronic Fatigue Syndrome Clinic
Research Centre

www.givenow.com.au/bpresearchfund

Thank you for your support

Contributing to a centre enables us to fast-track research and services to improve the lives of the 1 million Australians living with ME/CFS, Fibromyalgia and associated pain syndromes.

