

## Who We Are

Bridges & Pathways Institute Inc. (est. 1999) is a charity that ***creates solutions to improve the health and access to services for Australians living with complex chronic conditions.***

## Our Purpose

To improve the health outcomes and reduce disadvantage for people living with complex chronic conditions, particularly Myalgic Encephalomyelitis (ME)/Chronic Fatigue Syndrome (CFS) and Fibromyalgia pain syndromes (FMS).

## Our Vision

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

## What we do

Since 1999, we have represented consumers with ME/CFS, Fibromyalgia, and chronic pain syndromes by actively participating in Australian Health Reforms projects (Federal & State) to improve health outcomes for all Australians with chronic conditions.

Based in South Australia with its strong community networks, we benefit from dynamic collaborations with universities, medical and allied health professionals, community agencies and consumer groups (South Australian ME/CFS/FMS Clinical & Research Collaboration).

We provide ***outcome focused services*** consistent with Australian Chronic Disease Management Programs (Medicare) tailored for ME/CFS and Fibromyalgia. These include:

- Multi-disciplinary Holistic Team Management
- Care Planning and appropriate referrals
- Education and Health Coaching
- Self management and networking groups
- Phone and social media information and referrals
- Partnering with providers and researchers to evaluate patient care.



## 2019 Activities

Building on our two decades of service delivery and research to improve care and support for those living with ME/CFS and Fibromyalgia pain syndromes.

## Our current priorities

- Establishing a world-first innovative, patient centered medical clinic and research centre to:
  - ◇ provide client focused care tailored for ME/CFS, Fibromyalgia and associated conditions
  - ◇ pilot Multi-disciplinary Holistic Team Management delivered by General Practitioners, Practice Nurses, health educators, and allied health and peer mentors
- Collaborating with university researchers to validate tests, biomarkers and treatments for improved client outcomes
- Providing telehealth support and resources for rural and house bound clients
- Facilitating accredited provider training to deliver better client care
- Continue 24-7 online support for stakeholders
- Bolstering access to multidisciplinary health services



## How You Can Help

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

### Donations will contribute to:

- Establishing and maintaining an innovative ME/CFS/FMS patient centered medical clinic and research centre
- Critical research and testing to improve patient biomarkers and treatment
- Fast tracking new, safer and more effective treatments
- Monitoring and improving patient health outcomes
- Facilitating training and treatment resources for doctors, practice nurses and other providers
- Disseminating findings throughout Australia for an improved national approach
- Improving access to multidisciplinary health services
- Placing patient welfare at the forefront with coordinated, inclusive and planned management.

**Donations** are accepted online through:

Bank transfer to:

BSB: 805 050

Account no: 434 2192

Account Name: Bridges and Pathways

Please send a copy of your receipt via email for a tax receipt

To [bpprojects02@gmail.com](mailto:bpprojects02@gmail.com)

Or donate through

<https://www.givenow.com.au/bridgesandpathwaysclinicfund>

*All Donations of \$2 and over are tax deductible*

*Charitable license number CCP2731*

Bridges and Pathways Institute Inc. is working for real solutions, research innovations and improved client care. We are an Australian Charity with a purpose to reduce disadvantage and significantly improve the lives of all Australians living with complex and poorly understood conditions, including:

- \* Myalgic Encephalomyelitis (ME)/Chronic Fatigue Syndrome (CFS)
- \* Fibromyalgia (FMS)



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