

Patient and Caregiver Resources

This compilation of resources has been developed directly by members of the Topic Expert Group.

FM Patient and Caregiver Resources

Source	Link	Description
Making Sense of your Symptoms to Support Diagnosis and Treatments		
Bateman Horne Centre A centre dedicated to the diagnosis and care of patients with ME/CFS, FM & Long COVID	https://batemanhornecenter.org/education/fibromyalgia/	Diagnostic criteria for Fibromyalgia, provides videos, handouts and health management guidance.
The Diagnosis of Fibromyalgia Syndrome Royal College of Physicians, UK	https://www.rcp.ac.uk/guidelines-policy/diagnosis-fibromyalgia-syndrome	Educational resource and information sheet for patients.
What is Fibromyalgia? (Video) Dr. Andrea Furlan, MD PhD, Toronto	https://www.youtube.com/watch?v=_1B8U-eEkE0	Educational video which discusses causes and treatments for Fibromyalgia.
Environmental Health Clinic, Women's College Hospital, Toronto An Ontario-wide provincial resource/clinic for patients who meet the criteria for ME/CFS, FM or ES/MCS.	https://www.womenscollegehospital.ca/care-programs/environmental-health-clinic/	Assesses patients and supports primary care clinicians in Ontario determining whether their patients meet criteria for ME/CFS, FM or ES/MCS and provides recommendations for management to be carried out by the patient's primary care provider. Requires a referral from a primary care clinician. Lengthy wait list.

<p>Complex Chronic Diseases Program (CCDP), BC Women’s Hospital and Health Clinic, Vancouver.</p>	<p>http://www.bcwomens.ca/health-info/living-with-illness/fibromyalgia</p>	<p>Information to support diagnosis, treatment, and additional educational resources.</p>
<p>Disability and Accommodation Resources</p>		
<p>Benefits Wayfinder A simple, easy to use, plain language tool that helps people on low and modest incomes find and track benefits they could get.</p>	<p>https://benefitswayfinder.org/</p>	<p>Information and resources from federal, provincial, and territorial governments, updated on an ongoing basis as new information becomes available.</p> <p>Individuals can use the tool on their own or with the support of an agency staff person.</p>
<p>Unity Health, Toronto Toronto healthcare network comprising three hospitals providing services across the whole spectrum of care.</p> <p>A video from the Outpatient Post-COVID clinic on possible sources of income when sick or disabled.</p>	<p>https://www.youtube.com/watch?v=dQGKRO-J3G4&t=9s</p>	<p>A review of possible sources of income (CPPD, Ontario Works, OPD) and their application processes (for Long Covid patients but may be useful to those with Fibro).</p>
<p>211 Ontario Ontario helpline for social services, programs and community support.</p>	<p>https://211ontario.ca/</p>	<p>A free confidential service that helps connect Ontarians to potential social and community support. It can be searched using various topics e.g., disabilities.</p>
<p>National ME/FM Action Network Canadian charitable organization dedicated to to ME/CFS and FM through support, advocacy, education and research</p>	<p>http://www.mefmaction.com/images/stories/CP/CPGuide-2020.pdf</p>	<p>Canada Pension Plan Disability – Application and Appeals Guide for Canadians with ME and/or Fibromyalgia, 2020 edition</p>

More Helpful Information – Articles and Publications

<p>What is Fibromyalgia? (Verywell Health)</p>	<p>https://www.verywellhealth.com/fibromyalgia-7369351</p>	<p>Educational resource.</p>
<p>Fibromyalgia Symptoms and Complications (Verywell Health)</p>	<p>https://www.verywellhealth.com/fibromyalgia-symptoms-716139</p>	<p>Educational resource.</p>
<p>Task Force on Environmental Health (TFEH)</p> <p>The TFEH was an Ontario Ministry of Health and Long-Term Care appointed committee (composed of doctors, researchers and people with lived experience) tasked with providing advice on how to overcome gaps in knowledge, care and attitudes related to ME/CFS, FM and ES/MCS.</p>	<p>https://files.ontario.ca/moh-task-force-on-environmental-health-report-dec-2018-en-2023-03-09.pdf</p>	<p>The Task Force on Environmental Health's final report produced in December 2018 was Care Now: An Action Plan to Improve Care for people with Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS), Fibromyalgia (FM) and Environmental Sensitivities/Multiple Chemical Sensitivity (ES/MCS). The report proposed a system of care for people living with these conditions.</p>