



COVID and Work Seminar

23 February 2023

Who is ME Auckland?

- Auckland based charity
- Free NATIONAL online support services for people with ME/CFS and Long COVID and their whanau
- Dedicated one-on-one Client Support services for those in Auckland.

www.meauckland.org.nz

COMING SOON - New Brand Same Organisation



Navigating ME/CFS & Long Covid

www.mesupport.org.nz



Long COVID Online Support Tool



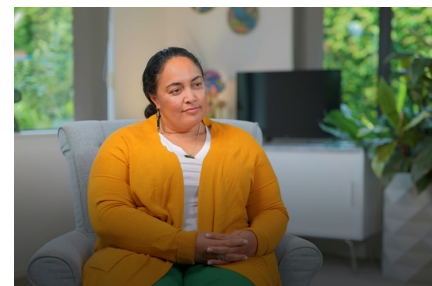
- 13 Narrated videos:
 - Long COVID Symptoms and diagnosis
 - related conditions
 - various symptom management topics and strategies,
 - working with medical professionals, *and*
 - where to get support



Long COVID Online Support Tool



- Interviewed **7** people with lived experience of Long COVID
- Interviewed **5** New Zealand experts
- Launching March 2023



ME Auckland as an Employer

- **Flexibility**
- **Consideration of needs**
- **Patience**
- **Understanding the condition**

“Flexibility is key for me to be able to be productive and continue to work”

“Patience when the brain fog kicks in, it takes a while to think and explain things.”

“Low sensory stimulation e.g. no music in the office.”

“I work 20 hours per week over 3 days and have a rest day in between. Currently working from home and this saves energy going into the office.”

“Understanding and empathy and that not all days are the same.”

Working alongside our staff in a way that suits their needs, enables skilled people to be productive and contribute, plus has a positive impact on their journey.



Contact



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