

LIST OF ASSISTIVE DEVICES

for Energy restricted people
with ME & POTS



By Laure Wiggers

Last updated on 26-06-2026

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Last updated on 26-06-2026

The most recent version of this list can be found at [https://
levenmetmecvsenpots.wixsite.com/blog/about-9](https://levenmetmecvsenpots.wixsite.com/blog/about-9)

IMPORTANT

This document is translated from dutch and the links are from europe. Click on the product titles to go to the website or make a screenshot and use image search. An occupational therapist can help you figure out what would be helpful in your situation.

You don't need to have a very severe energy limitation to be allowed to use something. If you think it would help you, use it. You can also simply keep some things at home for the days when you have less energy than usual. Please make the difficult periods easier for yourself.

When you save energy on something, you can use that energy for something else. Even a wheelchair, or perhaps especially a wheelchair, is simply great for that. No matter how much energy you have, when you come home from a trip in the wheelchair, you simply have more energy left than if you had gone on foot. Allow yourself to keep your energy for the things you really want to do by saving energy on things that simply have to be done.



COMPENSATION

This information is for people in the netherlands:

Some assistive devices are reimbursed through health insurance. For instance, some devices can be tried out for free for 6 months so that you can assess what suits you best. You can then order these from a home care organization, such as Medipoint, Eveen, Vegro, etc. Examples include bed rails, shower stools, or commode chairs. Depending on the type of device, you either purchase it yourself after these 6 months or reimbursement is considered.

Other aids, such as home adaptations or transport, are arranged through the municipality/WMO. Examples include a wheelchair, tricycle, or domestic help. Your needs are assessed during a kitchen table conversation. There is always an income-dependent monthly contribution.

Work-related aids are handled through the UWV or the employer.

Finding out where to apply for something and whether reimbursement is available can be very difficult. We highly recommend engaging an occupational therapist to ease your burden. They can submit the application for you and help you think things through.

* This specific product is recommended by a fellow sufferer

WASHING HAIR

No-rinse shampoo

No-rinse shampoo 5 euros



No-rinse shampoo and conditioner in 1

3 euros



*Shampoo cap

A cap with shampoo inside, which you massage into your hair. No rinse 6 euros



*Suction cup shower head holder.

For when you want a lower shower head with the shower stool. 9 euros.



No-rinse shampoo washcloth

12 euros



*Dry shampoo

Cornstarch also works fine if you have sensitivities 5 euros



*This is it dry shampoo from Action is water-based and also seems to clean the hair a bit.
2 euros

Hairdryer stand

Not this specific one. That one breaks easily. 12 euros



Shower stool

Ikea has fancy shower items like this stool, but also wall-mounted brackets that double as, for example, a towel rack or soap dish. Many plastic chairs can serve as shower stools. The stool must not slide in shower tray, so be sure to get rubber feet or an anti-slip mat. A backrest can save energy. If blood pools in the legs due to POTS, for example, ensure that the knees are higher than the hips by lowering an adjustable stool or using a footstool. The dutch can borrow a shower stool/chair for free for 6 months through a health insurer or home care organization, so you can try out what works for you before purchasing one.



***Shower cap 3 euros**

Helps a lot when using the sink to the left here because the water doesn't run down your neck when you shift in your seat.



***Extendable showerhead/ washbasin shower head**

To make washing hair easier in the sink 8 euros



***Hair wash basin**

Mobile washbasins are available for rent for 12 euros.



***Inflatable washbasin**

This one doesn't have the drain under your head but to the side of your neck. 11 euros



***Portable bidet**

Can be used as a shower with the inflatable washbasin on the left for 60 euros



***Shower pump for washing hair**
For with a portable washbasin. Place this submersible pump in a large bucket of warm water. 46 euros



Washbasin hair wash pillow
60 euros



Satin bonnet

For tangles in the hair 27 euros



Portable washbasin
28 euros



* This specific product is recommended by a fellow sufferer

Hair dryer hood

This is quite loud. This one won't blow your ears. 7 euros.



Hairbrush with a long handle

So that you don't have to lift your arms as far 8 euros



Hair towel

Lighter than a full towel 1 euro



Hair dryer hood

120 euros



Drain cover

Catches hair in your sink that would otherwise wash away 2 euros



Hair washbasin, shampoo buddy

Can be seated or reclining 95 euros



Scalp brush

To apply your shampoo when your fingers get tired of it 10 euros



Satin pillowcase

For tangles in the hair 15 euros



***Eucerin DermoCapillaire Urea**

Soothing Scalp Treatment
Provides relief for an itchy scalp
after not washing for a long time
15 euros



Hair wash basin

Drains better than blow up
plastic ones but splashes
water more. 40 euros



***Foldable (shower) stool**

13 euros



BODY

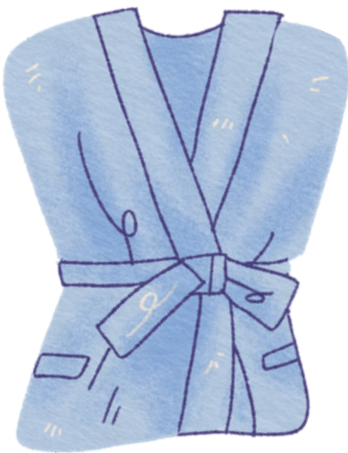
*Swash bathing gloves

Works really well for washing bedridden people 2-3 euros



Bathrobe

Instead of drying yourself off, you can lie on the bed in a bathrobe and wait to dry. Choose a bathrobe made of a comfortable fabric such as cotton. A fluffy bathrobe doesn't feel very nice on wet skin.



*Intimate zone wipes

Lactacyd 2 euros



*Antibacterial deodorant

Without bacteria, your sweat won't smell. After not washing for a long time, the odor sometimes lingers deeply in the skin. This can be prevented with antibacterial deodorant. Coconut oil or an alum stone/alum deodorant can work for this.

A fellow sufferer recommends Toleraïne, a facial cleanser that you can also use perfectly well in your underarms and don't need to rinse off, 24 euros.



*Damp washcloths

Wet wash gloves 2 euros



*Dry Disposable Washcloths

These are handy if you like to clean your intimate area with just water. The ones from the dutch Kruidvat are soft. 2 euros



Hibiscrub and benzyl peroxide have specific instructions for use, so be careful if you want to use them against bacteria.

Shower wheelchair

Dutch: To be applied for via the WMO with an income-dependent personal contribution. 500 euros. Can be borrowed for free for 6 months from health insurer/home care organization



No-rinse body wash

6 euros



Tilting shower chair

Dutch: To be applied for via the WMO with an income-dependent monthly contribution or borrow for free for 6 months via health insurer/home care organization
1600 euros



Shower stretcher

Dutch: To be applied for via the WMO with an income-dependent personal contribution /Borrow for free for 6 months via home care organization
1500 euros



Laser hair removal



Back scrub

To easily scrub your back
10 euros



*Bath lift

Dutch: To be applied for via the WMO with an income-dependent personal contribution or borrow from a home care organization for free for 6 months. 700 euros



Shower stool against the wall

200 euros



*Portable bidet

16 euros



Bath shower stool/transfer bench

So that you can step into the bath while sitting down.
100 euros



Shower cap

For when you only want to wash your body and not your hair
2 euros



Antiperspirant wipes

10 euros



Foldable bath

To wash yourself lying down
128 euros



Larger nail clippers

That requires less concentration and less strength
1 euro



BRUSHING TEETH

Electric toothbrush

You can simply hold the round heads still on each tooth. There are brushes with different vibration strength settings. Sonycare vibrates less intensely (different brush shape)



*Oral Brush toothbrush wipes

A cloth on your finger to wipe your teeth 10 euros



Mouthwash

Doing something is better than not cleaning at all.

*Sensate pro 60 euros

A toothbrush that you can also move left and right in your mouth to ensure it cleans even better. With this, you're done much faster, but it doesn't brush super well. Still something is better than nothing. The manual version is cheaper.



Disposable toothbrush with no-rinse toothpaste 20 euros



Easyhold Grip aid 20 euros



Three-head toothbrush

So you finish brushing faster 5 euros



12

Children's toothpaste (under 6 years) contains less fluoride, making it less harmful if you swallow it or spit it out without rinsing.

Brushing without toothpaste and flossing in only a few places is better than nothing. A sputum container can function as a discreet toothpaste spit-out container. With a miswak, you brush without water and without toothpaste.

* This specific product is recommended by a fellow sufferer

GOING TO THE TOILET

Toilet chair

Dutch: To be applied for via the WMO with an income-dependent personal contribution / borrow for free for 6 months from a home care organization / health insurer

70 euros



Toilet bucket

Also, for example, only for nighttime

17 euros



Bedpan

To poo while lying down. You can poop in a bag by placing it over the bedpan.

25 euros



Condom catheter

A male condom with a tube leading to a bag where the urine is collected.

30 euros



Incontinence products for adults

14 euros



A toilet that has been modified so that one can lie on it.

If you sit on the toilet backwards, you can lean/lie with your arms and head on the cistern.

*Toilet bags

These have a type of padding that absorbs moisture and odor. Good for a number two. 25 euros.



*Portable toilet

Porta poti Kampa camping toilet 100 euros



Peri bottle of bidet

You connect a bidet to the toilet 12 euros



* This specific product is recommended by a fellow sufferer

***Incontinence/menstrual underwear 25 euros**



Toilet frame

Also known as a toilet seat transfer chair. To assist with standing up and sitting down. Dutch: Borrow for free for 6 months via health insurer/home care organization: 60 euros.



Raised toilet seat

So you don't have to stand up from as far, which means you need less leg muscle strength. Dutch: Borrow for free for 6 months via a home care organization, after which purchase yourself costs 35 euros



***Kampa camping toilet 37 euros**



Men's urinal

For men to urinate in 13 euros



Women's urinal

For women to urinate in 16 euros



***Liberpee 25 euros**

With this, you can pee into a bottle as a lady. You can also add Microferm to this to combat the odor.



***Unisex urinal 25 euros**

With this, you can pee into a bottle as a lady. You can also add Microferm to this to combat the odor.



Lying down to urinate (Women)

By Shannon Donegan

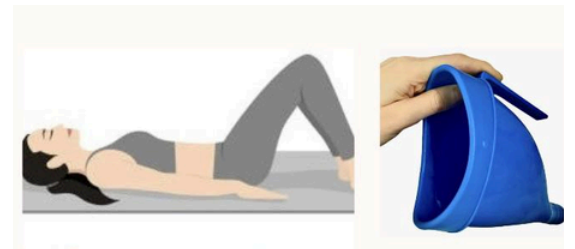
1 Protect the bed

Have a disposable or washable absorbent pad under you when using the urinal in bed, just in case. I use disposable puppy pads as I find them most comfortable to lie on.



2. Get into position

Lie on your back with your knees bent, and tilt your pelvis upwards. This gives you more room to angle the urinal properly. Hold the urinal between your legs from the top of the opening.



3. Position the urinal

Position the urinal so that the bottom is pressed up against your vaginal opening creating a seal, but the top is angled out.

Do NOT hold the urinal perfectly horizontal, you need it to be angled or it WILL spill.



4. Removal

When you finish urinating, make a scooping motion with the urinal so that the opening is now facing up. This will allow any remaining urine to drain away.

Do NOT remove the urinal from your body before doing this!



Shannon Donegan:

I am unable to sit up to use a commode, so I was determined to find a way to pee lying down (that was NOT diapers)! I have used this technique with both the urinals pictured and no longer ever have any leaks (images - a blue urinal with a tube separating the reservoir from the top, and a white single piece urinal). Using the urinal while angled means that gravity guides the urinal directly into the container before enough accumulates in the 'cup' part to cause leakage.

Men's Incontinence Panty Liners

Tena Men Level 1
13 euros for 24



Incontinence boxers

Absorbs 150ml
60 euros



You can manage odor nuisance with
***Microferm** for 13 euros.

This inexpensive garden and livestock microorganism is sprinkled in pee and over poop. The microorganisms then ensure that the smell disappears.



Sara Stedy transfer aid 3400 euros

The person must place their feet on the Stedy and stand briefly. Then you slide the seat under their hips so they can sit down and be wheeled to the toilet or a chair by a caregiver. Dutch: WMO, also available for loan from home care services. Always in consultation with a healthcare professional.



STIMULUS MANAGEMENT

***Noise-canceling headphones** 220 euros
Sony Sony WH-1000XM4



***Headphone construction**
3m Peltor x5a 35 euros

Klantenfavoriet



***Earplugs** 18 euros

Under headphones for double
noise blocking
3M ear soft fx 39db

50 PAAR
SLAAPDOOPJES
HOGE DEMPING

3M



***Loop earbuds** 30 euros

These ensure that you are less
bothered by noise, but that you
can still understand what people
say. They dampen the sound a bit
too much to hear people clearly
when there is no background noise
causing them to talk louder. At
Loop, you can also buy XS and
XXS ear tips if you have very small
ear canals.

Engage: 16 dB (I recommend)

Experience: 17 dB

Quiet: for sleeping



***Flair audio calmer night earplugs**

Earplugs that take the sharp edge
off sound. Some people don't
notice that it dampens the sound,
but I wake up less often and
something like a bowl being
tapped with a spoon doesn't hurt
anymore. 28 euros.



***Ohropax laundry balls** 4 euros

Wax that you mold to your ear
reduces pressure inside. By
applying the wax mainly over
the outer ear, it dampens sound
even more.



Earplug test pack

Or have them custom-made
11 euros



***Noise-canceling earplugs**
Can go under some headphones
250 euros



* This specific product is recommended by a fellow sufferer

***Eye mask** 10-50 euros
that does not touch the eyelashes



***Weighted eye mask**
10-60 euros



***Eye mask without back-of-head strap**
8 euros



***Soundproof room that you can place in your home**



Sound-absorbing panels
55 euros



Vibration dampers for under bed legs



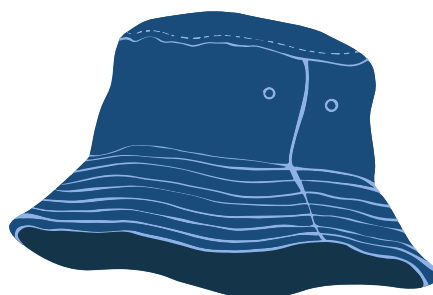
Sunglasses with lightly tinted lenses

If people can see your eyes, they are less likely to complain that you are wearing sunglasses indoors.



Hat or Bucket hat

With such a wide rim, you block not only light but also part of your vision, resulting in fewer stimuli.



Vibration alarm

Vibration alarms cause less of a startle than sound alarms. An alarm clock that wakes you up based on your sleep cycle is also much nicer to wake up to.



* This specific product is recommended by a fellow sufferer

***Colored glasses**

Can also be nice as an alternative to lightly tinted lenses or sunglasses 75 euros



IKEA acoustic sound barrier

When placed around the bed, it helps against the sound of help in the room 200-500 euros



***Sleep mask with speakers**

The Slowwave speakers can go very quiet 40 euros



Photochromic sunglass lenses

25 euros

Photochromic glasses or lenses become darker when there is more light.

Clip-on sunglasses

For when normal sunglasses aren't dark enough 7 euros



Multi-Functional Glasses

Automatic color change according to UV intensity

INDOOR OR CLOUDY DAY → OUTDOOR IN SUNNY DAY



***Very soft, crumpleable visor**

25 euros



***Fidget toys 15 euros**

This is a type of toy designed to be moved mindlessly in your hands. This allows some people to concentrate better making focusing less energy-consuming. Or to help tolerate rusting beter. The Tangle Therapy is made of rubber, so it makes no sound. Partly because of this, it is my recommendation as a first fidget.



***Piercing pillow** for lying with earplugs or a U-shaped pillow for lying on your side with headphones 16 euros



***Weighted stuffed animal**

60 euros

A 2-kilo stuffed animal that feels like cuddling a baby



2kg

* This specific product is recommended by a fellow sufferer

Category 4 glacier glasses

These are shielded at the top and sides of the glasses against the light that reflects on snow.

82 euros



Glasses for dry eyes

These also fit snugly against your eye sockets, allowing less light to enter. You can buy them by prescription via the link for 150 euros.



Ozybag

Alternative to a weighted blanket 50 euros



Breathing sleep robot

Somnox and Moonbird Moves as if it breathes so that you also breathe calmly and thus sleep better 600 euros



Weighted blanket

The pressure helps your body calm down and relax.
A blanket that is too heavy is uncomfortable for turning over in bed. 20-300 euros



Squeeze vest

This inflatable vest applies pressure to the body which helps with relaxation and regulation 325 euros



Weighted vest

This helps you relax 75 euros



Mattress cooling

380 euros



Cooling pillowcase

14 euros



Colored LED lights

Hang them on the door and use them to indicate whether people are allowed to come in.



**Don't come in and
Talk softly in the hall**

I'm sleeping or don't feel well

**You can come in to bring me
something**

But softly, I can't talk right now

**You can come in to talk or to
cuddle**

I'm feeling alright

Will you come by?

I'd like to talk, cuddle or ask you
something

Whiteboard

with written on it whether people can enter or not. A clip on the side of the board can also indicate how things are going and whether you want visitors or not.



***Philips Hue lamp as a traffic light.** You can control them via your phone and therefore also place them by the door to indicate how you are doing and whether someone is allowed to come in.



Migraine glasses

High UV protection and blocks a lot of blue light



Cooling vests

from IZI and Inuteq: various types (immerse in water, with tap water, in the refrigerator or with separate cooling elements (PCM) or both) 130-220 euros



Cooling scarf

From Cobber, Aqua Coolkeeper or no-name 20 euros

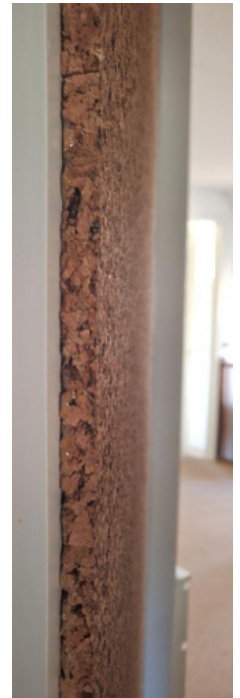


*Acoustic cork panel

Can be placed on a door to reduce noise from the rest of the house.

1 cm was used in the picture, but it can be thicker.

Bought: 5 times 100cmx50cm, 10mm thick = 84 euros at kurk24



Lenses with blue light filter

35 euros



Cooling cap/migraine mask

From Cobber, Aqua Coolkeeper, or unbranded. There is the 180 and 360 versions. With the 180, only the front is filled with gel, and with the 360, both the front and back are filled with gel. 20 euros

Silent felt tent
Soundproof sleeping cabin.
Putting a blanket over it makes it even quieter. 170 euros



600 gram gel



CLOTHING

Laceless shoes



Boots with zipper



Velcro shoes



Pajamas that look like clothes or normal clothes that you use as pajamas

Elastic laces
2 euros



Hands-free slip-on sneakers 170 euros
Sketchers also has many of them for 60 euros.



***Anti-sweat shirts with underarm pads**
Fiber shirts 30 euros



***Built in bra (no wire)** 18 euros

This doesn't apply any pressure anywhere, is very light, and has no support. For when you are very sensitive to pressure and tightness but still want to feel comfortable when there are people around you. I bought L as someone who normally wears M, and it fits very well.



Inside out to show that there really is no pressing band or underwire.

Front closure bra without underwire 26 euros



* This specific product is recommended by a fellow sufferer

POTS AIDS

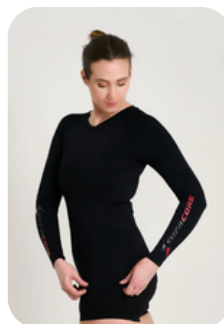
[Read about compression classes/strength](#)

You can have compression garments fitted and reimbursed, but you can also buy them yourself. These are the products that fellow sufferers recommend:

Class 0/tight fabric



***Sports compression from HEMA**
17 euros



***Sports compression shirt**
84 euros



***STOX sports compression**
A tall woman recommends men's socks because they come up higher. 50 euros

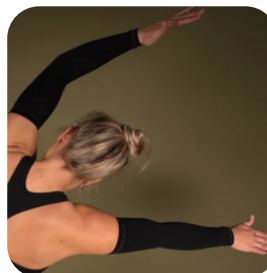


***Waistband**
9 euros

With a referral, you can get a belly band from BH foam. [Varodem varocare midline bandage](#)



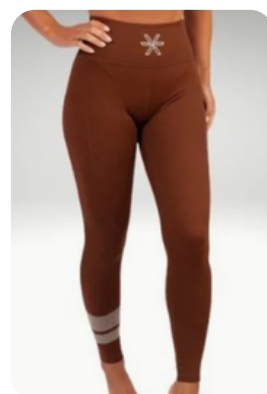
***Action travel socks**
2 euros



***Arm compression sleeves**
Fits well
18 euros



***Fly socks**
With open toe
7 euros



***Bara compression (4/4) not medical compression**
Feels like a sleek Class 1
80 euros



***Luctovitaal copper-woven compression socks**
7 euros

Class 1 and 2



RelaxSan compression tights 22-27 mmHg
32 euros

Choose maternity tights if you don't want pressure on your belly.



***Supacore POTS Leggings**
Medical grade compression
25+ mmhg (class 2)
125 euros

***BAUERFEIND VENOTRAIN SOFT Compression class 1-2**
Available to order in multiple shapes. Also custom-made and reimbursed.



Class 3 +

***Compression leggings with belly band**

Quite warm, so unsuitable for summer, but otherwise good.
Fitted and reimbursed



Great brands

Jobst Juzo (has many colors)
Mediven Sockwell (class 1 and 2)

Nice sites:

www.compressiekousen-shop.nl
www.thuiszorgwinkelonline.nl
www.steunkousen.nl
www.steunkousen.be
www.sockwell.nl
www.herzogmedical.com

Fun colored class 1 socks

www.notyourgrandmas.co.uk
www.funcompression.com
www.sockwell.com
www.supcare.com

Class 1 from supcare is good for broad calfs. Class 2 is not. [Herzog](http://www.herzogmedical.com) is better for broad calfs because you can chose sizes of individual sock parts.

Dutch: Compensation

With a referral, you receive reimbursement. Without one, you do not. Often, with a referral, you end up at a company.

They can choose between custom-made or standard, and that is then reimbursed. (Reimbursement is for two items per year).

Leggings and compression stockings are two separate items. With those, you can get up to four reimbursed.

Compression stocking donning aid

Easy slide aid

This goes over your foot so that the stocking passes your heel more easily when putting it on.
Not reimbursed.
18 euros

Slidex L for thigh stockings

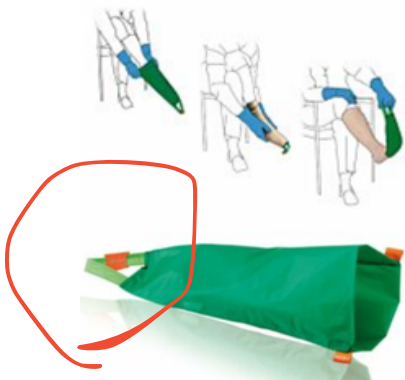
The smooth fabric makes putting them on easier.
Takes a lot of force to pull out of the stocking. Not reimbursed.
15 euros

[Instruction video](#)

On and off taking aid for closed toe

When putting it on, place your foot on the illustrated foot and tuck some fabric between your toes; this makes it easier to pull the stocking over your foot/ankle. Because there is a long tail, pull it off from the top of your knee. When taking it off, place your foot in the pocket and pull the top of the stocking over the pocket. This allows it to slide over the heel more easily. Not reimbursed.

[Instruction video](#)



Arion magnide 2 in 1

Made for closed toes. This one has magnets that pop open when pulled out. Not covered by insurance.
30 euros



*Short Sliding Sock

For open-toe compression garments. Some people find this more comfortable and easier than the Easy Slide. Less fabric needs to be pulled out of the tight support stockings. That can be easier to do. Not reimbursed. 13 euros



Compression stocking donning gloves

With more grip, pulling up the stocking is easier. These are available without latex. You can also use dishwashing/cleaning gloves or gardening/work gloves for this, but the real ones are the best. Not reimbursed.
15 euros



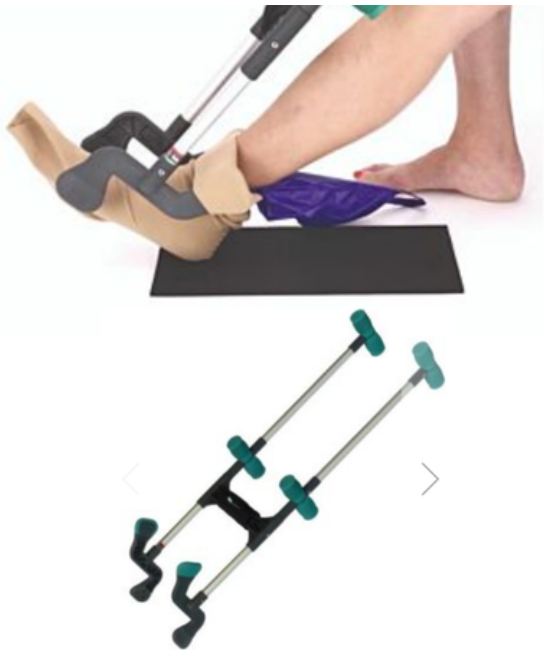
If the toe piece has a loop, it can be hung on a hook in the wall. This allows you to use leg strength to pull it off.

HandyLegs dressing aid

There are several types like this one.

The HandyLegs comes with an EasySlide and a rubber pad so you can slide your heel onto the rubber to pull the stocking on further. Works for putting on and taking off knee and thigh stockings. Not for tights. Reimbursed.

150 euros



HandyFix by HandyLegs

Smaller and foldable, making it suitable for travel, but consequently less sturdy. Handy for travel. Works for putting on and taking off knee and thigh stockings. Not for tights. Reimbursed.

139 euros



Dressbuddy

Works for putting on and taking off knee and thigh stockings. Not for tights.

Reimbursed. 206 euros



[More types of Dress Buddies](#)

Steve+ putting on and taking off aid

Reimbursed. 119 euros

[Instruction video on pulling out](#)



Steve easy on

For arms and legs.

Reimbursed. 46 euros



Many occupational therapy practices have the aids in stock so that you can try them out first. Then, you decide together which ones you will actually request.

Compression stocking gun donning aid

Fold the sock over the brackets. The gun electrically opens the opening further. The shells can be requested narrower to make putting them on easier. Shells are available in longer (for thigh-high stockings) and narrower versions. Additionally, there is a puller with longer handles that opens wider. It is designed for knee-high stockings but can be adapted for thigh-high stockings. Dutch: It may be reimbursed if your insurance does not consider it too expensive and your occupational therapist provides good justification.
960 euros

[Instruction video](#)



Compression stocking removal tool

A small panel rises electrically. You slide the beginning of the stocking over it in the back of the knee. The panel then moves back down electrically, taking the stocking with it. When removing groin stockings, you pull the groin section open until it reaches the height of a knee-high stocking. Then you do the same as with a knee-high stocking. Dutch: It may be reimbursed if your insurance does not consider it too expensive and your occupational therapist provides good justification.

[Explainer video](#)



Arm extender for the helpsoq



Electric sock roller

Helpsoq claims it can wear thigh-high stockings, but in practice, it doesn't work. Tights don't work either. Compression stocking companies say that these stretch the stockings too much. Helpsoq indicates that this is not the case. One patient says that the foot of the thigh-high stocking slips off, preventing her from putting it on. Knee-high stockings are better. It can be reimbursed if your occupational therapist provides very strong substantiation and your insurance company is willing to cooperate a little.



Medi Butler (Big) donning aid/Sock donner

Your sock or thigh-high stocking goes over the inner arch so you can put your foot in it. Covered by insurance.
58 euros



Profleb Perfect Fit

Arm compression donning aid. Reimbursed.
135 euros

[Instruction video](#)



Medi Butler for Tights

Your tights go over the inner underwires so you can put your feet in. Only convenient for the first part. After that, you really have to pull them yourself. You also do both legs at the same time. Reimbursed.
100 euros



Doff N/ Donner putting on aid

The stocking goes over the stick. Then you roll the stocking over the donut and unroll the stocking over the leg again. Works for knee and groin stockings with open and closed toes. Not for tights. Reimbursed. 78 euros



BORT AktiVen

Sock and thigh-high stocking donning aid. This hooks behind the chair leg so you can apply extra force. Reimbursed.
68 euros



Furniture/bed risers

Raising the head of the bed can help reduce the frequency of urination caused by POTS, but it can also trigger your ME/CFS. It takes less effort to get up from a higher chair.

20 euros



Tilting the bed for POTS

Raised knee seat

Even in a wheelchair, it can help to have your knees higher than your hips. This way, you might be able to sit for much longer. In this photo, a seat with a board has been used, with hard foam cut into triangles underneath + Velcro.



Wedge pillow

Sleeping with your head elevated and/or with your legs elevated can relieve symptoms.

You can also lie in a higher position only in the morning for 30-60 minutes to make the transition from lying down for hours to standing less strenuous for your autonomic nervous system.

113 euros



Toilet stool

With your knees higher than your hips, blood pools in your legs less quickly. Raising your knees is also a better posture for relieving pressure.

35 euros



BED

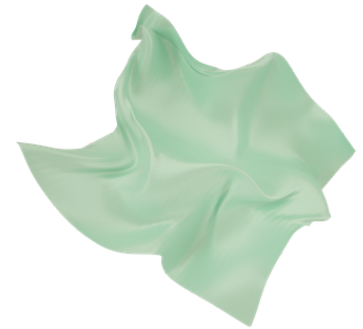
***Sleep slippers 60 euros**
Made of duvet material



Electrically heated footmuff
Electric pillow Electric blanket
Electric gloves Infrared heating



Satin sheets slide well making it pleasant and soft on your skin. Ikea has good satin sheets.



Blanket arch 45 euros
For when the pressure of the blanket on the feet (and legs) is uncomfortable. Borrow for free for 6 months via health insurer/home care organization



Bed table/Bed desk
80 euros



See more table options in the computer/phone chapter.

Laptop table
40 euros



Electrically adjustable bed
With Cozylift, you make any bed electrically adjustable. €230. Dutch: Borrow for free for 6 months via a home care organization, then apply via the WMO.



Bed parrot
To help sit up in bed. Borrow for free for 6 months via health insurer/home care organization
160 euros.



Bed ladder
To help sit up in bed 32 euros



* This specific product is recommended by a fellow sufferer

Bed rail/transfer aid 40 euros

To help sit up and also to help stand up. Dutch: Borrow for free for 6 months via a home care organization, then purchase yourself.



Wedge pillow 30 euros

Lying in a more upright position half an hour before getting up can help with OI/POTS symptoms.



Pregnancy pillow

56 euros



Bed lift

See also the Sara Steady on the toilet page 724 euros



Transfer board

To slide from a seat over the ramp to the wheelchair 60 euros. Dutch: Borrow for free for 6 months via home care organization.



*Bed making aid

MyBedMaker 35 euros



Duvet with zipper on 3 sides

Sofiben.com 131 euros

Bedrel.eu 60-160 euros



Duvet without cover/ washable duvet

Zelesa 100 euros



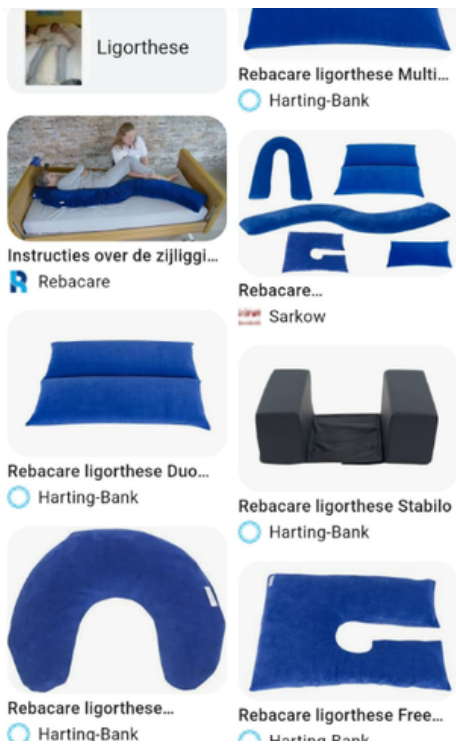
A bed can also be placed in the living room and/or in the kitchen.

Mini kitchenette next to the bed with a kettle, microwave, mini fridge, thermos flask, and a water bottle with a straw, so everything can be done from bed.

A meal delivery service or friends can then put the food in the fridge or freezer, after which you can heat it up yourself from bed.

Custom-fitted (dynamic) lying orthosis/positioning cushions

Better supported lying position.
Reimbursement possible via health insurer with specific indication



Extra long straw

34 euros



Wireless doorbell

To ask for help from bed. You have the bell and the speaker is with your care provider. 24 euros



This specific product is recommended by a fellow sufferer

*Bed tent 20 euros

From IKEA, for sensory overload



*A kneeling cushion that is somewhat flat and more comfortable than those mini knee cushions

LEN IKEA children's pillow
4 euros

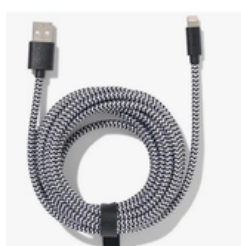


Leg cushion 28 euros



3 meter long phone charger and wire hanging hooks

18 euros



*Bedside table/cabinet for next to the bed 50 euros



Prevent pressure sores

Pressure sore mattress

Pressure sore pillow

Pressure sore cream

Dutch: Reimbursement possible via health insurer



Sheet holders

To ensure your sheet doesn't come loose 20 euros



Bed storage bags

Trays that attach to your bed so you have your belongings within easy reach 18 euros



Water bag with straw

18 euros



Electric curtains

Curtain motor

10-80 euros



A remote control for your lights

Smartwares wireless switch set 12 euros



Physical button clicker

From your bed, you can have this device turn things on and off.

30 euros



Roller blind motor

To open your roller blind with a remote control: 31 euros



***Axa window opener with remote control.** Does not work when the curtain is closed. Is sometimes reimbursed by the WMO. 119 euros



*Video doorbell

Eufy. See if you think opening the door is worth the energy and talk via the doorbell. Dutch: Sometimes reimbursed by the WMO. 100-300 euros



***Smart door lock from Teedee.** You do not have to get out of bed to open the door for assistance. Dutch: Sometimes reimbursed by the WMO. 165 euros



Bed carrier

Do you want a height-adjustable bed but also want to keep your own bed frame? The bed carrier can be installed in some bed frames. You can request this through the occupational therapist or home care organization, and someone will come to check if it fits in your bed. 1415 euros



***Ergonomic pillow**

An occupational therapist recommended this pillow to a fellow patient to prevent pressure sores caused by lying down a lot. She finds the pillow provides very comfortable support in various positions. 170 euros



***Wedge-shaped pillow**

This one is not very high. This allows you to lie a little higher. The angle increases or decreases by sliding the wedge further away or closer. 26 euros



***Thermos bottle with straw cap**

With the Klean Kanheen bottle, your tea stays warm for a long time.

You have to buy the straw cap separately.



***Smart radiator knob**

Each knob contains a thermostat. This means you can set the temperature for each room separately. As a result, the temperature in a room remains constant. This is nice if you have trouble sleeping due to the cold at night. It is also controllable via an app, so you don't have to get out of bed to change it. The price depends on how many you need. The kit of six is 612 euros.



***Large bib**

This one is soft and covers the entire stomach. This way, someone who eats lying down doesn't have to change their clothes and the bed after eating. 13 euros



***Spouted cup**

This makes drinking while lying down easier. 3 for 12 euros



CLIMBING STAIRS

Half steps Easy steppers

Smaller steps cost less energy



Stairlift

Dutch: Reimbursement possible
via WMO with an income-
dependent contribution



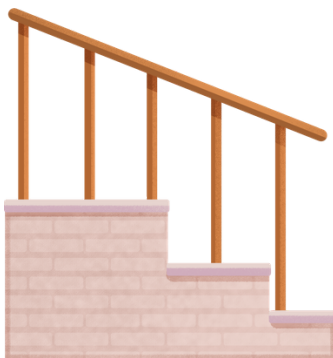
Stair climbing stick

165 euros



Armrests on both sides

To be able to drag yourself upstairs
with two arms



A chair at the bottom, halfway,
and at the top of the stairs



Trap bag or

A hook for a bag by the stairs so
you can easily take your things
up and down 10 euros



With a backpack, your hands are
free when climbing stairs.

MEMORY AID

Retractable keychain

To hang things on that you need briefly but often don't put back in your pocket, causing you to lose them often: 4 euros



Daily schedule pictogram board

Magnets can also be attached to metal door frames 70 euros



Pill box 15 euros

You can fill several of them so you have a month's supply, or buy one for a month. There are pill boxes that are easy to open or easy to fill. With an alarm and all sorts of tricks.



Countup and countdown clock 22 euros

With options for beeping, vibrating, flashing lights, or making no sound



Smartfinder

With this, you can find the items to which you have attached the tag 50 euros



Create a list for yourself on the inside of cupboard doors stating what to put in which wash, which trash bags you need, what not to forget when you go out, where certain dishes belong, and so on.

Post-it notes with reminders also work well. Use ADHD tricks like putting your bike keys in the fridge on top of your lunch, so you can't leave without taking your lunch with you. Searching for your keys is sometimes part of the process ;)

Set alarms for everything. Vibrating alarms are better than noise, in terms of being startled by them.

Baxter roll

You can ask the pharmacy if they can put your medication in a Baxter roll. That way, you have a pouch for each intake time containing your medication for that moment. This is less convenient if you still switch medications often.



***Digital wall calendar**

To see your agenda, to-do list,
shopping list, and so on at a glance.

220 euros



TO COOK

A bar stool by the kitchen Sitting on a chair at the table

There are dining chairs with wheels.



Saddle stool (with backrest)

Add floor-protecting scooter wheels for 90 euros



***Rubber office chair wheels**
These roll really nicely under a kitchen stool! They are quiet, protect your floor, and roll very smoothly. 20 euros



Triple chair

Put your feet in the kitchen cupboard for cooking convenience Dutch: Free loan via Health insurer max. 6 months, then application to health insurer

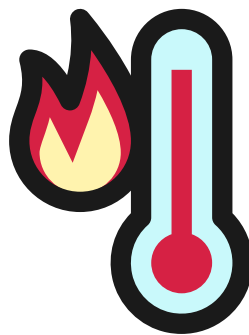


Chopper

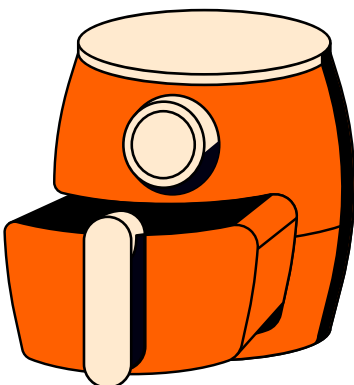


Quooker

Boiling water from the tap



Airfryer



Grip tab/jar opener

Rubber exercise band 1 euro



Electric can opener

16 euros



* This specific product is recommended by a fellow sufferer

Jar opener under cabinet
4 euros



***6 in 1 tool Opens lip-lip tins and twist-off jars**
2 euros



Cooking basket/colander basket
To avoid lifting the whole pan after cooking/for draining
12 euros



Sieve on stand
4 euros



Ring can opener
4 euros



***500 ml glasses + thermos bottle**
This way, you don't have to walk to the tap or fill your glass as often.
17 euros



***Freeze meals in portions using Soupercube containers/Webake**
25 euros



***Single-person meal containers**
600ml IKEA containers — the frozen food blocks from the containers to the right fit in there very well.
2 euros



Mini-kitchen by the bed with mini-microwave, mini-fridge, thermos flask or water bottle for drinking while lying down/with straw

41

This specific product is recommended by a fellow sufferer

Toggle grip aid
16 euros



***No-lift kettle**
Uccello 75 euros



Electric jar opener
20 euros



Knife with mini cutting board
16 euros



***Overcook protection**
So you don't have to run to
your pan when it's boiling too
hard 15 euros



***Hot water dispenser**
A cheaper alternative to getting
boiling water from the tap with a
Quooker: 40 euros



Jar opener
With this, you can easily
remove the vacuum for 1 euro.



***Mandolines/vegetable slicers 10-150
euros**



* This specific product is recommended by a fellow sufferer

Electric knife
23 euros



Hay box from Ecostoof or hay madam
You place your pan in here to finish cooking. This way, you can relax and don't have to keep an eye on your pan anymore. 110 euros



Contact grill
Because your food is grilled on both sides, it is ready faster and you don't have to stand there watching it 38 euros



Soup maker
Easy if you throw frozen vegetables in it! 70 euros



Disposable plates and cutlery
No washing up, nice. 3 euros



A plastic cup or disposable cups. They are lightweight. You also have plastic cups with two handles. 19 euros



Tabletop dishwasher
280 euros



Pan buddy 35 euros
This transfer handle ensures that you use stronger muscles when lifting the pan, making it easier.



Pan grip 13 euros
A pan with two handles is easier to lift, so with an extra add-on grip, you can easily turn your pans into a double-grip pan.



Automatic whisk

36 euros



Food processor/kitchen mixer

Best value for money according to the Consumers' Association. Grating and slicing discs are also available for purchase. A fellow sufferer finds them super handy. 150 euros



Slow cooker

Multicooker

***Electric pressure cooker/Instant pot**

146 euros



*One-handed tray

Suggested by a caregiver. Ideal for still being able to hold onto the handrail while climbing stairs. A tray can help a fellow caregiver walk back and forth less often when clearing away both food and any other tidying chore. Tray 57 euros. Anti-slip mat 32 euros.



Home help can assist with cooking. Home-cooked crispy meals. Frozen meals such as lazyvegan Every Foods frozen meals. Buy pre-cut vegetables. One-pot dishes. Do chopping earlier in the day. Nutritious snacks by your bed such as nuts and Nakd bars.

-squeeze fruit

-squeeze yogurt

-whole grain crackers Freezer with no-frost function Place appliances at eye level so you don't have to bend down Drink from a mug or a glass with handles Cook on the burners closest to you



Technomax F30E refrigerator

An absorption fridge has no compressor and is therefore completely silent. Good for next to the bed. 350 euros

The light blue one doesn't make any sound either. 50 euros



* This specific product is recommended by a fellow sufferer

HOUSEHOLDS

Small spray bottles

With diluted cleaning agent or diluted dishwashing liquid to quickly clean something.



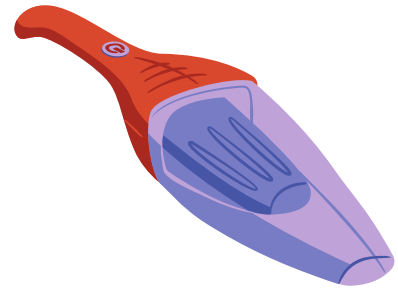
Stick vacuum cleaner

Fewer steps without a cable



Crumb catcher

To tackle troublesome spots without having to do the whole house immediately



*Robot vacuum cleaner with mopping function

Also available with a mopping function. With a laser floor plan, it finishes much faster, which significantly reduces noise pollution. This specific vacuum cleaner has a dustbin, so you don't have to empty it every day. The robot empties itself into that bin.



Vacuum cleaner and mop in one



Electric scrubber

36 euros



Steam cleaner

Steam quickly loosens the dirt, so cleaning requires no scrubbing and costs 86 euros.



Grab stick

To pick things up without having to bend down. Especially nice for POTS 10 euros



Swiffer sweep and mop

Much lighter and faster than a vacuum cleaner 15 euros



* This specific product is recommended by a fellow sufferer

Cleaning cloths

Spot cleaning is so easy to do
7 euros



*Mop with spray

For mopping without a bucket or
for spot cleaning 28 euros



*Ergonomic mop with spray

This one is nice and long, for example if you are 1.80m tall. The spray system works without much effort, and the mop head is attached with Velcro and an easy-to-release handle. 105 euros



*Non-strong-smelling cleaning agent

With this Bluewonder bottle, there is a greater chance that you will not react to it. 4 euros



*Leifheit products can be mounted on a stick, so you have to move less when cleaning the bathroom tiles
12 euros



Robot window cleaner
300 euros



Extendable feather duster
5 euros for dusting



Dish brush with soap dispenser
Also good for quickly scrubbing a section of the house or scrubbing the shower while showering.
13 euros



Dustpan and brush on a handle
40 euros
To avoid having to bend over



* This specific product is recommended by a fellow sufferer

***Multi-compartment laundry belt**

That way, your laundry is sorted right away.

31 euros



Laundry basket on folding legs

23 euros



***Super absorbent cloths**

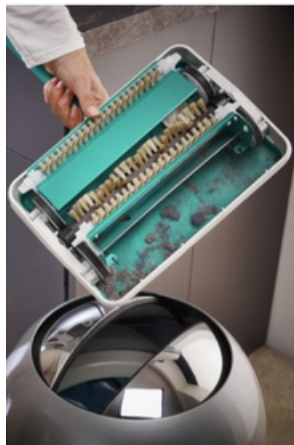
Easily wipe your shower or sink dry so that no limescale forms. Saves a lot of cleaning. 25-32 euros.



***Roller sweeper**

A kind of vacuum cleaner that is lightweight and makes no noise because it is not an electric device.

30 euros



Comfort lift

Additionally, the bottom drawer of the dishwasher can be lifted for ease of unloading. Lifting it can be quite heavy. 1,000 euros



GARDENING

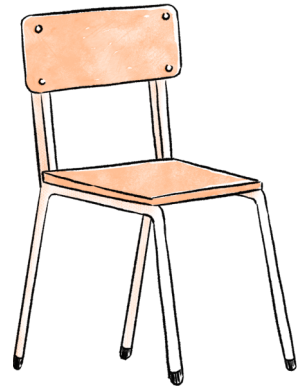
Electrically assisted pruning shears 78 euros



Garden seat on wheels
A small low stool can also work just fine
80 euros

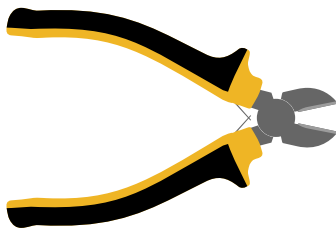


Chair or high stool
to sit on or to lean halfway on



Tang

For picking things like tomatoes and green beans when the small muscles are easily strained.



***Cordless/battery-powered electric hedge trimmer**
This one is quite light!
30 euros



Tarpaulin/plastic sheet on the ground when pruning and trimming for quick and easy cleanup 10 euros



Foldable kneeling cushion
17 euros



Flower shears 19 euros
Smaller and lighter than pruning shears



Electric grout scraper
220 euros



* This specific product is recommended by a fellow sufferer

Robot lawnmower

650 euros



Potting mat

26 euros



*Tidy tray

This is the compact tidy tray. The person in the photo puts some soil in a smaller pot and can sow seedlings while sitting. By placing it on the trippel chair, she can use the tray at a comfortable height while sitting on a stool.

10 euros



Leaf blower

This one is good, relatively cheap, and it also blows.

35 euros



OUTSIDE

Dutch: Many of these expensive purchases can be arranged through your health insurance or the WMO.

Wheelchair

A wheelchair is useful at every stage of the illness, because it simply saves a huge amount of energy, allowing you to be outside longer and/or still have energy left at home. For POTS, opt for a reclined position, with legs elevated or knees higher than hips by asking for a raised seat with a board. Electric assistance already makes a difference.

Being pushed requires the least energy. Hula hooping by yourself takes the most energy.

Application via WMO, borrow for free via health insurer/home care organization



(Electric) recumbent bicycle

With three or four wheels, it takes less energy because you don't have to balance.



*Electric scooter with seat Trendiamo move

A walkingbike can be very heavy when you have to go up a hill and things like that. An electric scooter with a seat is much nicer.



Mobility scooter with joystick

With a mobility scooter, you have to keep your arms on the handlebars, and that requires some arm strength, so if that bothers you, a joystick is an option. Also, make good use of the armrests; that reduces the need to use muscles.

Application via WMO. This is the **Scoozy C via the WMO**.



Foldable electric wheelchair with joystick. This is the Splitrider.



* This specific product is recommended by a fellow sufferer

***Relax and go trolley**

You fold the handle down to sit on it.
110 euros



Hidden disability lanyard

This would allow people to recognize that you have an invisible illness and offer you help, such as a wheelchair at Schiphol for 15 euros.

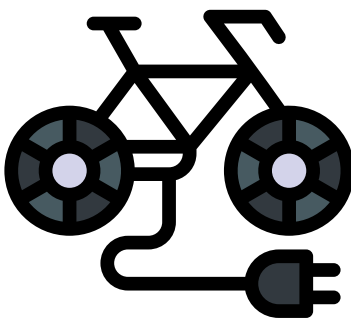


Portable toilet with garbage bag

28 euros for the road



Electric bike
(foldable)



***Foldable mobility scooter**

You can take this on the plane (provided you have a lightweight battery) 4,000 euros



***Wheelchair rollator 142 euros**

You can walk with this and sit in it.



Rollator 644 euros

It is nice to always have a seat with you. This is often used for balance problems.



Shopping cart 275 euros

You can lean on this while walking



***Wheelchair rollator**

From the brand Rollz 900 euros



Walking stick 10-100 euros

There are many different versions, such as with one leg, multiple legs, and various handle shapes. This often helps more with balance, and you can lean on it while standing still. Neo Walk has some nice ones!



Walking stick wristband

With a wristband, you can use both hands freely. You can also clip the wristband to your book.



Folding walking stick with seat

90 euros



***Walking stick with seat**

This one is light and sturdy 35 euros



***Folding stool**

23 euros



Shopping cart/rollator

300 euros



Crutch(es) 33 euros

More stable than a walking stick



Backpack chair

55 euros



Shopping trolley with seat

187 euros



* This specific product is recommended by a fellow sufferer

Folding seat
18 euros



Ground seat
20 euros



Mobility scooter blanket
80 euros



Folding walking stick
25 euros



Exoskeleton
This helps you walk, making it
cost less energy.
1100 euros



Tripod seat/camping chair
50 euros



Rainlegs

Rain pants that are easy to put on
36 euros



Entry canta

A small car that you can get into
with a wheelchair



Wheelchair attachment for bicycle

Electric 1,400 euros. Dutch:
Application via WMO.



Takeaway threshold 120 euros

To be able to reach difficult places with a wheelchair:

Dutch: Borrow for free for 6 months via health insurer/home care organization, then purchase yourself. Complex situation, then apply for WMO.



Wheelchair scooter



Back seat air mattress/ bed in van/trunk

90 euros



Van with a bed inside

So that you can sleep/rest upon arrival and before departure, or go to your car for a quick afternoon nap during work.



***Self-inflating air mattress with the motor built into it**

Mr. E-zy



HOBBIES

*Lightweight Cordless Screwdriver

Narex Hybro 54 euros



E-reader holder with remote control that turns pages 30 euros



Drawing tablet and tablet cushion

Apple iPad with Apple Pencil Artist XP Pen is almost as good as Wacom 25 euros



Handle thickener

13 euros



*Lazy glasses 14 euros

To be able to see your book, porridge, TV, or something else while lying down. Can make you dizzy



***Gaming** is often better on a smaller screen, such as a laptop with a controller, or something like a Steam Deck, or in the photo: the PlayStation Portal 220 euros.



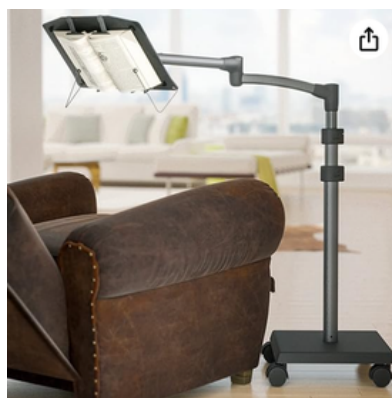
Easyhold 20 euros

I'll mention it again, because of course it works on much more than just a toothbrush. If you use a hair tie for this, twist it once so that it forms a cross on the back of your hand. That might be more comfortable.



Hands-free book stand

Where small legs hold the pages in place 240



Phone scroll finger remote control 5 euros

For reading e-books or scrolling through TikTok on your phone



This specific product is recommended by a fellow sufferer

Automatic plant watering system or self-watering plant pots
6 euros



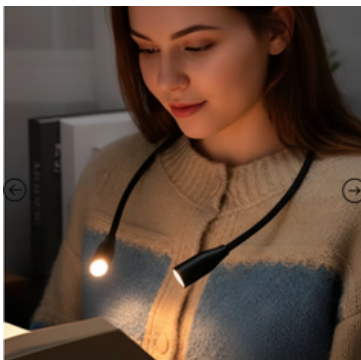
Read ruler
To read more quietly
3 euros



A chair where you sit with your feet up 143 euros



***A focused reading light**
So that you have enough light to do your hobby, but no more light in the room than you need 20 euros



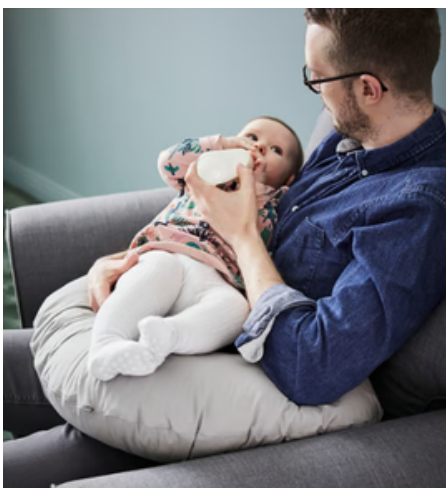
Embroidery holder
53 euros



Small instruments such as the kalimba and mini harp
40-100 euros



Nursing pillow
Provides support to the arms during hobbies 20 euros



Easel
Things like a diamond painting can also be done on an easel
30 euros



***Timetimer mod**
This one squeaks quite loudly 27 euros



***Massage headrest for bed or sofa**
chaise longue 80-105 euros



***Separate massage headrest.**

This works, but the bracket used to adjust the head position cannot be tightened very tight. See if you can put something in between, and a better headrest cushion would also be nice. 44 euros



Face down sun lounger
40-100 euros



You can also trace by using your tablet or phone as a light table via an app. Or by placing your phone on a glass and drawing via your camera.

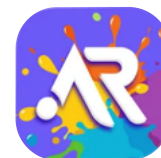
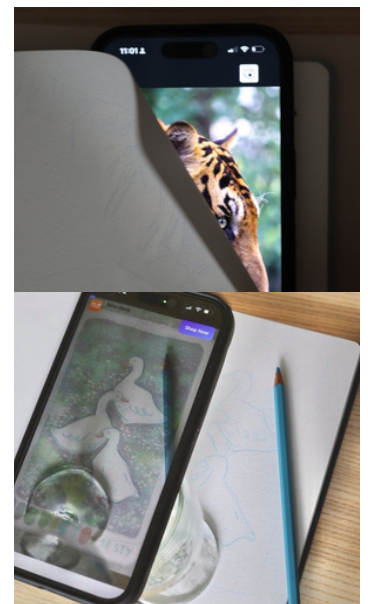
***Trace projector**

If you can no longer get the image in your head onto paper, you can literally trace an image.
12 euros



Light table

You can also trace by placing a picture under your paper and sticking both to a window or placing them on a light table. The light allows you to see the picture under your drawing paper and trace it. 30 euros



Apple
Trace Drawing app-
Sketchify



Android
Trace Drawing-
Sketch and Paint

Book stand
35 euros



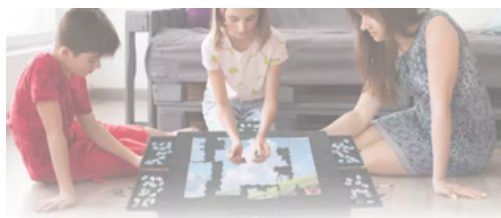
Standing book stand
81 euros



Embroidery stand
53 euros



Puzzle help
27 euros



COMPUTER/PHONE

At work, sensory-friendly quiet room and a **sunbed** 93 euros



Office chair with leg rests
230 euros



Dutch compensation

If you use it to be able to work (and you cannot work without the adaptation), the UWV or your employer may sometimes reimburse the cost. This is done through an occupational therapist; consult one before you purchase anything.

A moving footrest
to pump blood back up with the calf muscles 28 euros



Mount a screen under your table with an under-table bed and a keyboard holder.



Reclining laptop desk 180 euros



Wireless keyboard and mouse
In the photo, you see a laptop that can be folded all the way back.



***Laptop table**
Ikea bolsidan 70 euros
Cannot tilt



Trackball
Mouse you don't have to move 55 euros



* This specific product is recommended by a fellow sufferer

Phone or tablet holder clamp
26 euros



Posture pal 39 euros
To lean against your desk



Bed table
40 euros



Small bench table 31 euros



Projector
With this, you can project your screen onto the ceiling.



Monitor arm
To hang your screen above your head



Bedside table/Bed desk
315 euros



Windows Store stopwatch
App so you can keep track of how long you spend on your computer. Free.



Stopwatch + Timer Geïnstalleerd
3,9 ★ Apps Hulpprogramm...

This is a simple stopwatch and timer (countdown) in one app. Use Cortana to interact with the app.

Laptop table 40 euros
With tilt function



Ring for the back of your phone

I cannot recommend a popsocket.
I developed chronic pain from bending my
fingers backward. 7 euros



Lazy computer desk

In the reviews, someone bought this
and shows a photo. It looks good. 600
euros



[Aliexpress link to a list of more
desk options](#)

*Adjustable Laptop Table

In bed, this is more stable than laptop tables with
rounded legs. Height adjustable. The tabletop can
be tilted and it has raised edges. Combines well
with an anti-slip mat. 40 euros



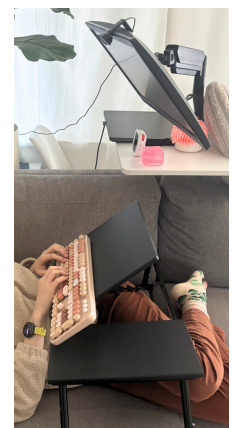
Electric height-adjustable desk from Ikea, placed on wheels and with monitor arm

An electric desk alone is 100-500 euros.



Monitor arm

You can also type on
a laptop table.



***Book/laptop/tablet/phone
lap cushion**

Has book opening feet that can also hold your coloring book open, for example, when you color lying down.
40 euros



Lap tray

A tray with a cushion underneath.
25 euros



Anti-slip rubber mat

You can place this securely on laptop tables that you use at an angle to ensure your items stay in place.
7 euros



iPad holder

To mount to the bed
25 euros



***Bookseat**

This one is very light. It holds your book, tablet, or phone. A buckwheat pillow, like a slightly deflated yoga cushion, also works very well. 33 euros



Laptop stand

110 euros



Footstool 50 euros

To ensure that your blood does not stay in your legs if you have POTS.



SCREEN STIMULI

We with PAIS often suffer a lot from the light emitted by screens. It can even make us nauseous and give us headaches. Fortunately, besides dimming the screen, there are quite a few ways to make screens less stimulating.

Use the dark mode, which turns backgrounds that are normally white black.

Use night mode/blue light filter. This makes the screen more yellow or orange. Sometimes you can set the color filter to red in the settings. That can be nice in the evening.

Making your screen black and white can help reduce stimuli.

You can also change the white point of your screen on the computer. Search the internet for the settings you need on your own computer to do this.

A privacy screen also ensures that less light comes off the screen overall. That is something people complain about who only want privacy, but for us, it is actually convenient.

Screen reader NVDA

With Microsoft, the NVDA Screen Reader (free program) reads aloud everything you place your mouse on. If you can learn some keyboard shortcuts, you can work without a screen.

Screen apps and settings

Windows computer

[Display dimmer](#)

[F.lux Bleulight filter](#)

Apple computer

Noir - Dark Mode for Safari

Android phone

[Darker \(screen filter\)](#)

[Twilight: Blue light filter](#)

[F.lux Bluelightfilter](#)

Apple telefoon

[Noir - dark mode for safari](#) (4 euro)

[Darker - Dark Mode for Safari](#) (free)

Darker screen → Search: 'Zoom', turn on 'zoom'. Click 3 fingers 2x on the screen and click on 'zoomfilter' → low light.

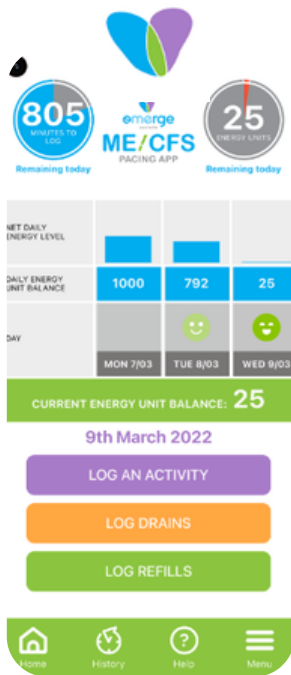
Red screentint → Settings → Search: 'color filters' → Turn on color filters and select "Color tint"

Change whitepoint → Search 'Display and text size' - Reduce white point.

Shortcut naar een van de bovenstaande instellingen:

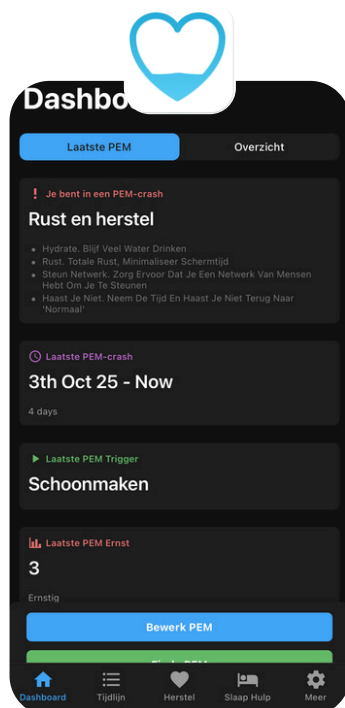
Accessibility → Accessibility Shortcut → Chose what you want to turn on with three clicks on the side button.

[Click here for all explanations with pictures.](#)



ME/CFS Pacing
Android/Apple

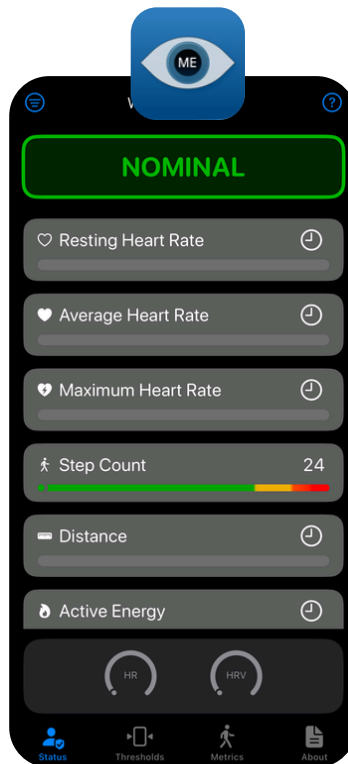
An activity tracker and symptom tracker made for ME/CFS



ME diary crash log
Apple | Free

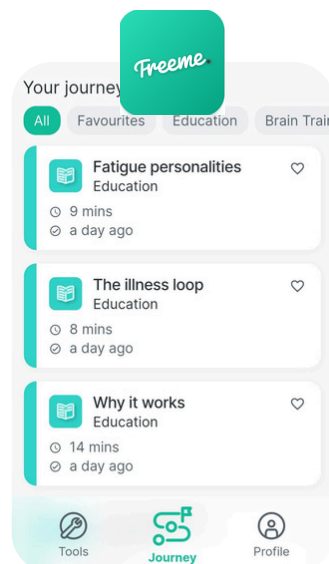
To track your PEMs

APPS



WatchME (for ME)
Apple

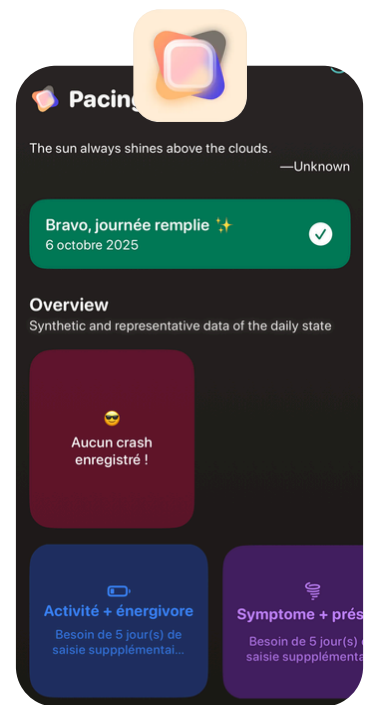
To determine how things are going based on smartwatch data



Freeme (For ME)
Android/Apple

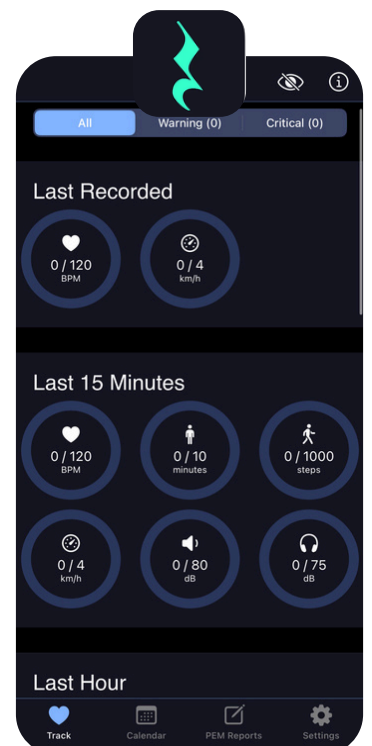
125 euros per year or 265 euros one-time

Brain training exercises to ensure that your thoughts do not make your symptoms worse than they need to be.



Pacing Quest (For ME)
Apple

For tracking symptoms and influencing factors.



Trackility (For ME)
Apple

Tracking PEM together with smartwatch data



Visible (Made for ME)

Apple/Android | Free

Keep track of symptoms and compare trends in your symptoms to understand yourself better.

In America, the points system with the wristband device is already out. Not yet in Europe.



Focus friend

Apple/Android | Free

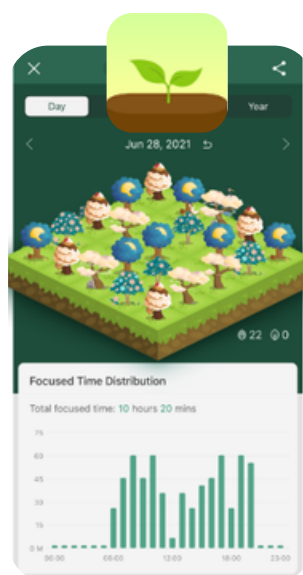
With every minute you rest or focus without being on your phone, you earn socks that you can use to buy decorations for your home.



Activity Tracker/ In Balance

Android/Apple | Free

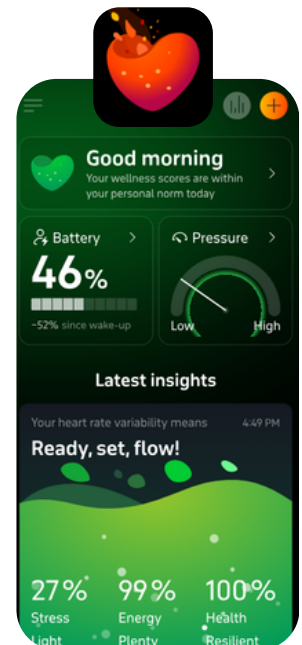
Keep track of what you did and at what time. With the point system, you can then see how much you have already spent. The activity tracker is a system you can learn from the occupational therapist, but you can also learn it yourself using the internet.



Forest

Apple/Android | Free

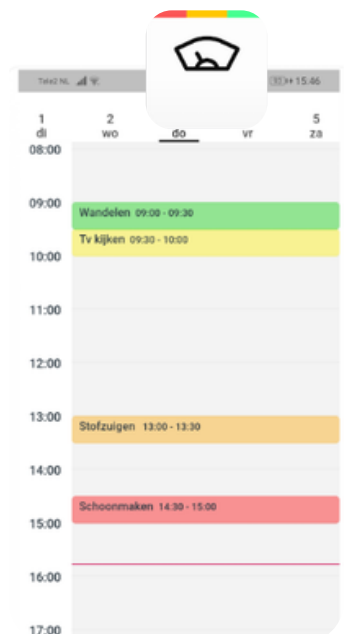
By resting/not being on your phone, you earn plants for your forest.



Welltory

Apple | A few free features cost a lot of money per month

An app that works with some smartwatches and is paid. It helps understand how much energy you have right now.



Energy balance planner

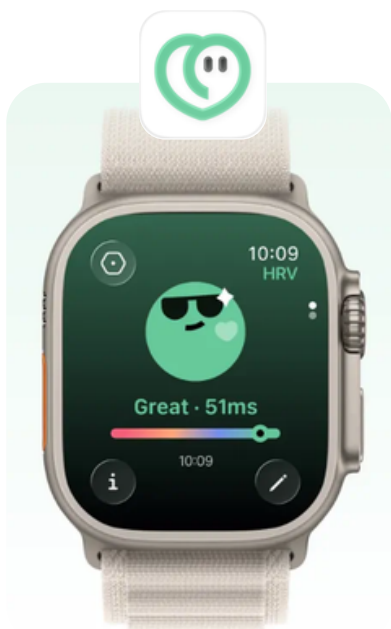
Apple/Android | Free

The same as the activity tracker but slightly nicer and with paid features such as the ability to download the weekly schedule.

Stress watch

Apple | Free features
40 euros per year, 13
euros per month

An app for both your
phone and your watch.
It helps keep track of
how you are doing and
what influences it.

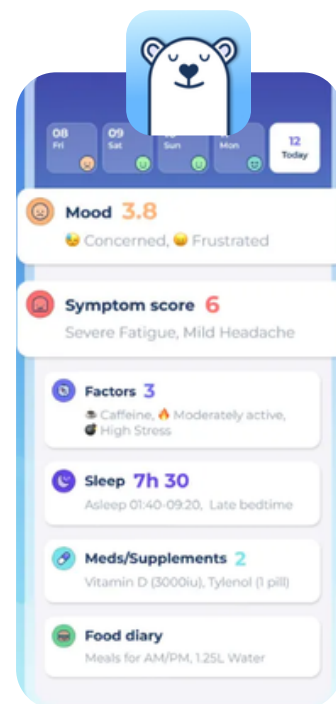


Bearable

Apple/Android | Free

For tracking symptoms and
influencing factors.

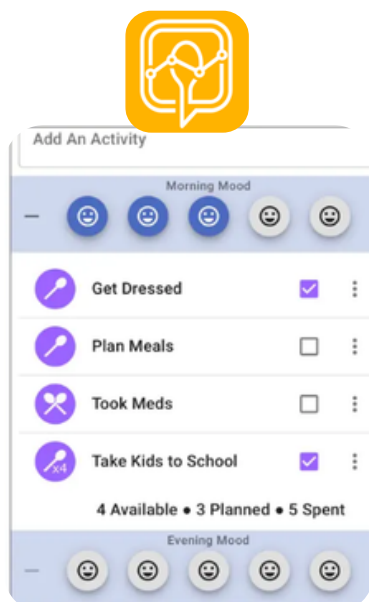
There are many symptom
trackers, but this app is
popular among the
chronically ill. The app
Guava too.



SpoonieDay

Apple/Android | Free

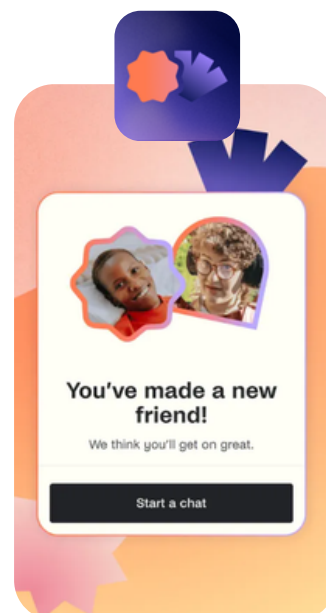
A bit of a to-do list version
of the activity tracker.
Based on spoon theory,
you choose how many
spoons an activity costs
so you can see how many
spoons/points you have
spent or will spend as you
work through your to-do
list.



Spoony

Apple/Android | Free

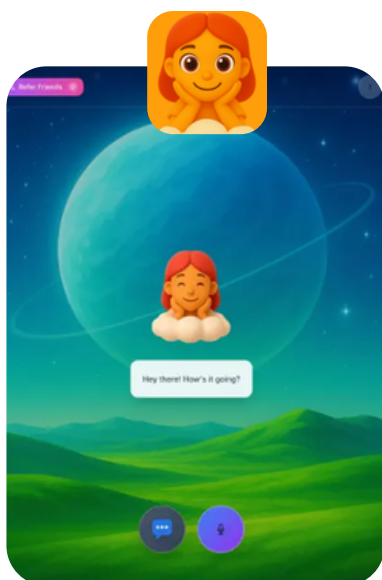
An app for finding friends
or a partner who are
chronically ill,
neurodiverse, or disabled.



Juno Support

Apple | Paid after a trial
period [www.juno-
chat.com](http://www.juno-chat.com)

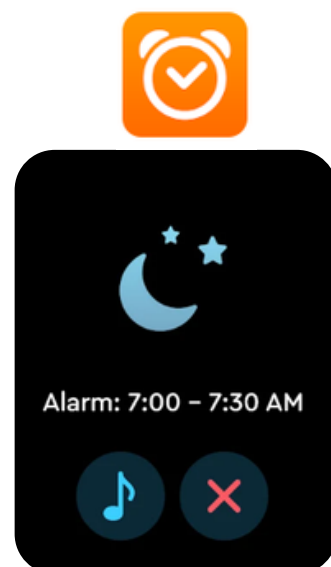
An AI companion for the
chronically ill to chat
with

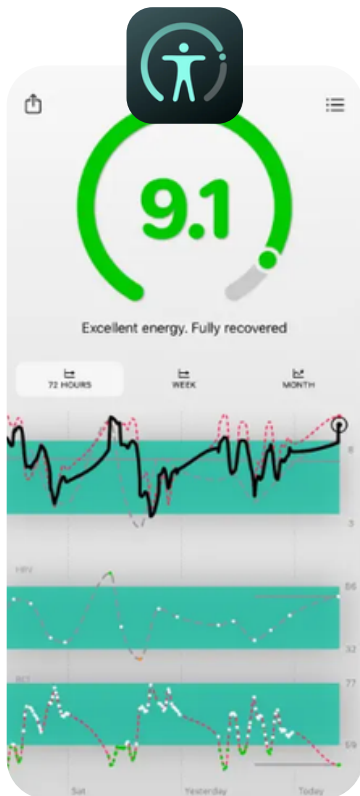


Sleep cycle tracker

Apple/Android | Free

Wakes you up at the
lightest point of your
sleep before your set
time. This way, you wake
up gently. Really nice.

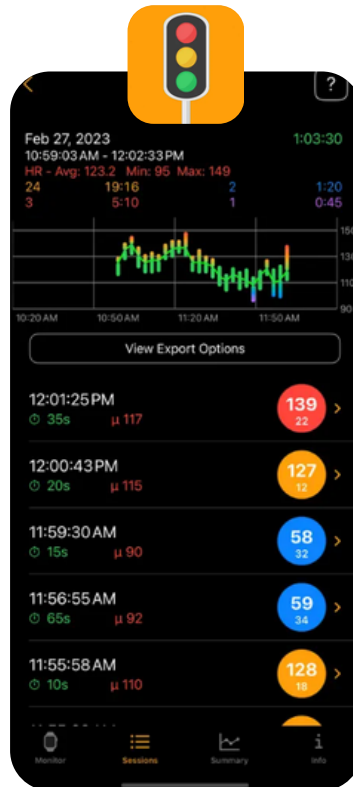




Energy Level

Apple | Free

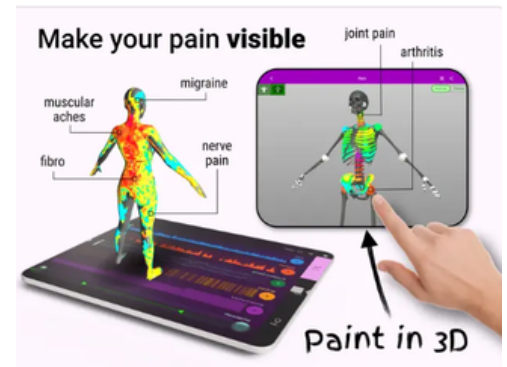
To get an idea of your energy level



Tachymon

Apple | Free

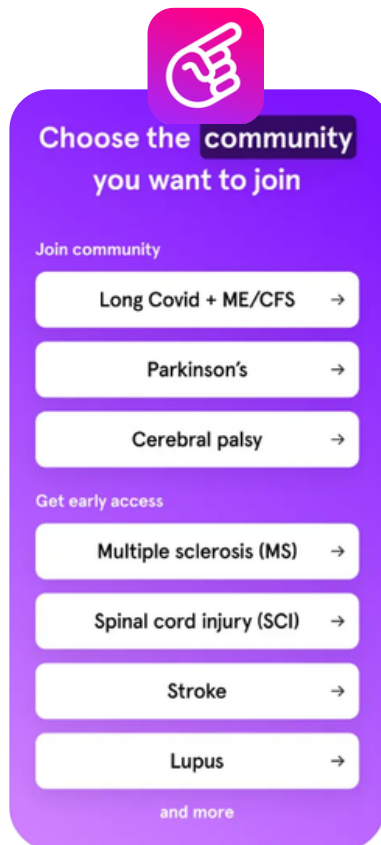
Heart rate alarm for your Apple Watch as well



Chronic insights

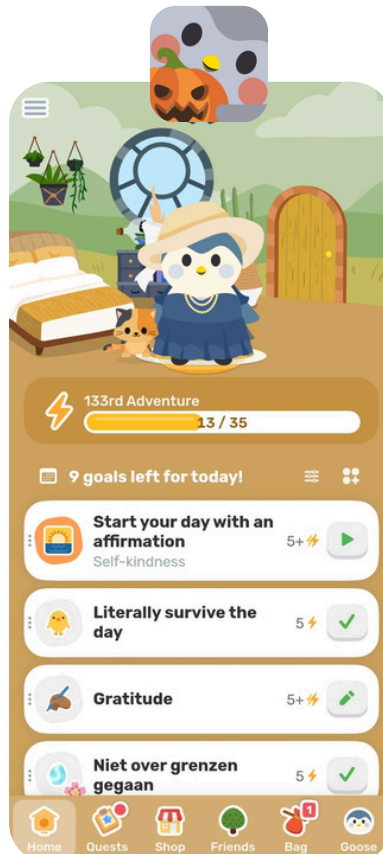
Apple | Free

Pain tracking



Turnto

Apple | Free
ME community



Finch

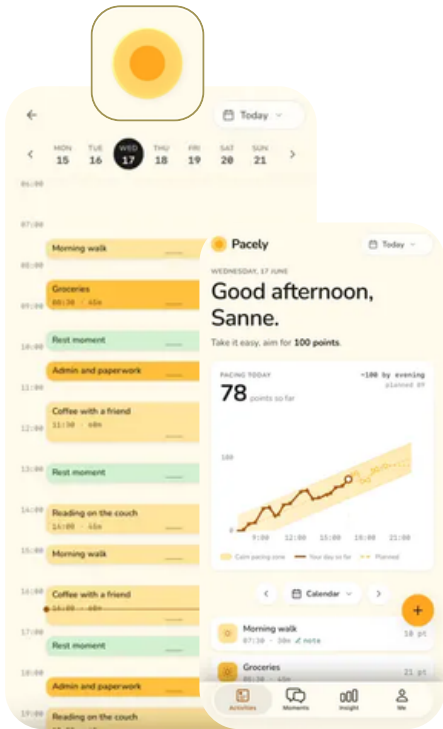
Apple/Android | Free with payment options
Very chronically ill friendly to-do list



Order

Apple | Free

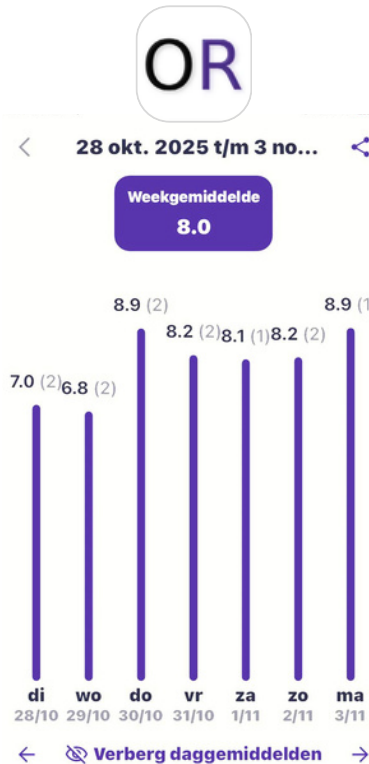
Pacing advice based on smartwatch data 67



Pacely

Apple/Android | Free

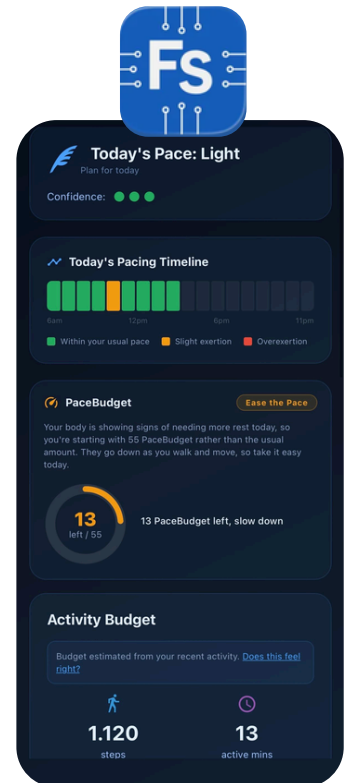
A very good and nice version of the activity scale. Can be connected to an occupational therapist.



Building up reserves

Apple | 0.99 euros

Score your VAS score (symptom intensity) every day to identify trends.



Fatigue Sense

Apple/Android | Free

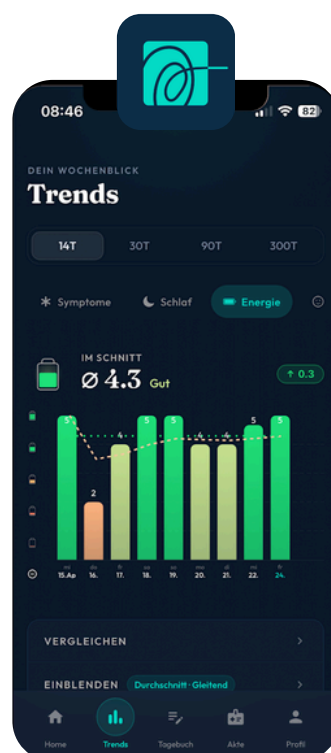
Searches for trends and gives you pace points based on smartwatch data.



Vaelio

Apple/Android | €8,- PM/€80,- PJ

A very good and nice version of the activity scale.



Elara Health pacing diary

Apple/Android | Gratis

Verbind met je smartwatch en log je energy, symptomen etc.

**FUncAP**

Apple/Android | Free

Functional capacity evaluation tool for people with ME/CFS

**Heart analyzer**

Apple/Android | Free

Your heart rate in various graphs

**Heartwatch**

Apple/Apple | 8.99

Heartbeat alarm

**Lees simpel (Dutch)**

Apple/Android | Free

Translates difficult letters into simple language

**Soundscape**

Apple/Android | Free

Nice meditations, sounds, and stories

**Moet ik naar de dokter (Dutch)**

Apple/Android | Free

Your digital doctor's assistant that helps you determine if your symptoms require a doctor's attention.

**Untire**

Apple/Android | Free

Exercises to reduce fatigue after cancer treatment

**Backup door113 (Dutch)**

Apple/Android | Free

Helps you through a difficult time when you no longer see the point of living



House of deep relax
Apple/Android | Free
Meditations in Dutch



Insight Timer - Meditation app
Apple/Android | Free
Meditations



VGZ mindfulness (Dutch)
Apple/Android | Free
Meditations in Dutch



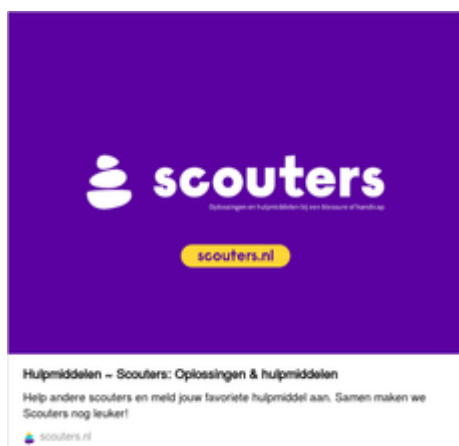
Vagus nerve reset
Apple/Android | Free
Exercises to help regulate your nervous system



PEP: Chronic pain relief
Apple/Android | Free
You chat with PEP and do daily exercises or use techniques that have been proven to help with chronic pain.

More sites with tools

Dutch:
<https://scouters.nl/hulpmiddelen>



Dutch:
<https://www.hulpmiddelenwijzer.nl/>



Tips for chronic illness on instagram:

[@siobhansimper](#) -
ME/cfs tips (English)
[@caveofbeauty](#) -
Hygiene when sick (English)
[@thenotoriousnef](#) -
Hygiene when sick (English)
[@equipmeot](#) -
Aids for all chronichaly ill
people (English)



Smartwatch

On my website, you will find the smartwatch pacing e-book. With it, you learn how to use smartwatch data to manage your energy and better understand how you are doing.



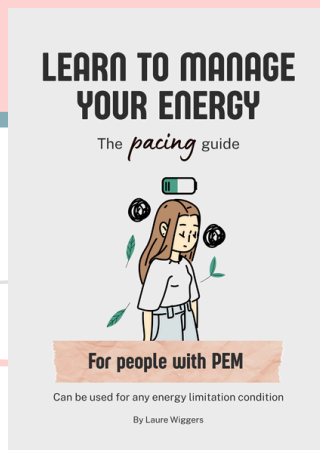
Starter Guide

In dutch.
This is the basic you need to know if you have just been diagnosed with POTS or are still going through the diagnostic process.

More information Can be found on the website

Pacing guide

In dutch.
Learn to manage your energy and understand your PEMs. By understanding PEM you have a better grasp on how to prevent them.



Flowchart

Use the flowchart when you aren't feeling well but can't quite remember what might help it.

