

Building Maintenance Works by Tradesmen

Prior to the onset of M.E., I was reasonably proficient in DIY and when I needed to get tradesmen to do specific jobs, I was also reasonably proficient in validating their credibility prior to contracting them to do specific works. However, with the onset of M.E., with its effects on my cognitive and physical skills, I have become more aware of my vulnerability and the anxiety of finding reliable tradesmen and supervising them, for the increasing number of works that I may previously performed myself.

Fortunately, there are a number of organisations that assist in the provision and prior vetting of tradesmen to ensure minimum standards or that can provide people to perform basic DIY tasks.

This section last revised 19th June 2007