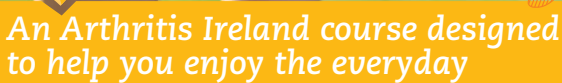




# LIVING WELL WITH ARTHRITIS



*An Arthritis Ireland course designed  
to help you enjoy the everyday*

# What is self-management?

Self-management is about being aware of and putting into practice the little things that make a big difference to your quality of life when you have arthritis.

Taking medication does not represent the full spectrum of arthritis treatment, but is rather just one (albeit essential) part of keeping your arthritis under control. Self-management is about recognising this and understanding that you and how you live is the key to taking back control of your life.

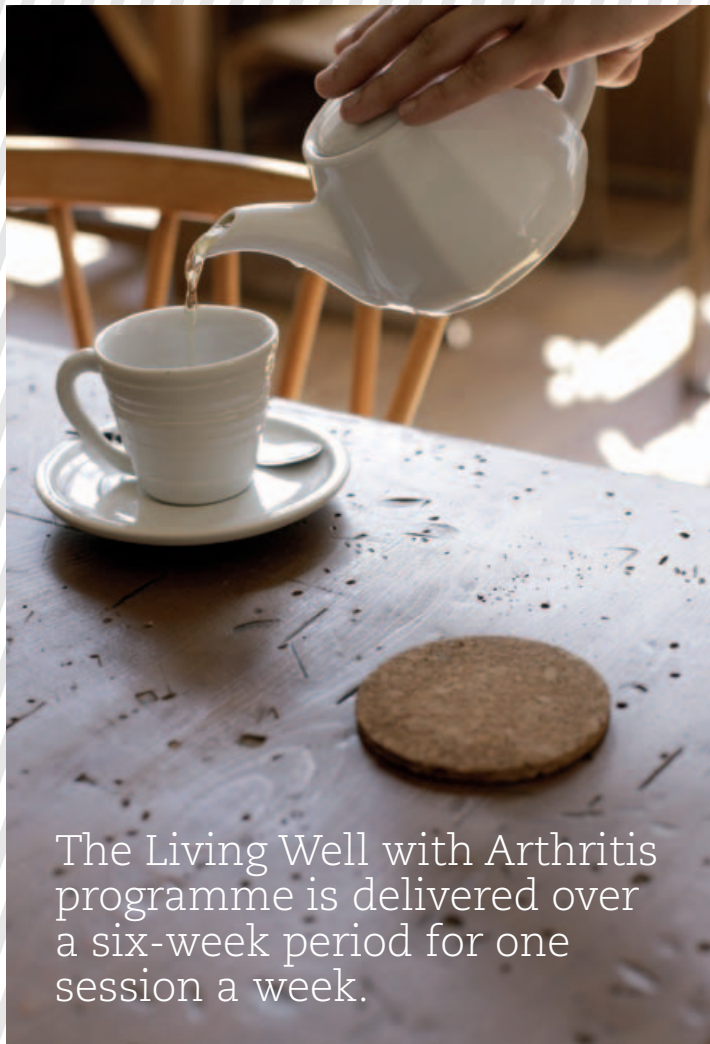
The *Living Well with Arthritis Programme* is a programme of non-medical interventions, designed to complement the medical treatment of arthritis with simple but effective techniques. It will enable you to manage and understand the various elements of your arthritis more effectively, helping you to enjoy the everyday again.

This award-winning workshop has been proven around the world to be an important part of the prescription of effective arthritis treatment by decreasing pain, reducing reliance on health professionals and medication and improving the overall sense of wellbeing. In just six weeks you can learn how to manage your condition and make a big difference to your quality of life.

# What does it involve?


The main thing that the programme involves is you because you are at the centre of your own arthritis management. You will meet and work with other people, like yourself who have arthritis.

This workshop will teach you how to deal with the daily challenges that arthritis presents, through a series of simple techniques including:



The Living Well with Arthritis programme is delivered over a six-week period for one session a week.

- Mind and body techniques to manage pain
- Coping with fatigue
- Planning for set-backs and goal setting
- Healthy living and weight management in arthritis
- Managing your relationship with your healthcare team
- Dealing with difficult emotions
- Exercise techniques for weak and damaged joints, developed by leading physiotherapists
- Understanding your medication
- Developing a positive attitude



we also provide a  
number of courses  
aimed specifically at  
the 18-40 age group.

The *Living Well with Arthritis* programme is taught over a six-week period in weekly 2 and half hour sessions. Each course accommodates up to 18 people with arthritis. Courses are led by people with arthritis or people who work in the area of arthritis.

The programme is available in locations across the country and is designed for anyone over the age of 18. There is a small one-off fee of €30 to participate in the workshop which covers a small of the cost of providing the programme and provides you with The **Arthritis Helpbook**, an excellent resource written by arthritis health specialists **Dr. James Fries and Dr. Kate Lorig**.

## How will this course help me?

This course is designed to help you to do the things you enjoy doing, with less pain. Previous participants of the Living well with Arthritis programme reported that it had complemented their medication and made a big difference to their quality of life.

The results of the survey show that on completion participants have:\*

- Improved their ability to cope with pain by **50%**
- Increased their amount of regular exercise by **72%**
- Improved their attitude towards living with their condition by **63%**
- Increased their knowledge of their condition by **59%**
- Significant reduction in their visits to hospital and their reliance on their GP in relation to their arthritis

\*Participants on the Living Well with Arthritis programme 2007-2010

# What makes this course different?

All of the Living Well with Arthritis courses are delivered by people who have arthritis and are partnered by a health professional working in the area of arthritis management, such as a rheumatology nurse specialist or a physiotherapist. They therefore understand the challenges presented by a chronic condition such as arthritis.

## Testimonials

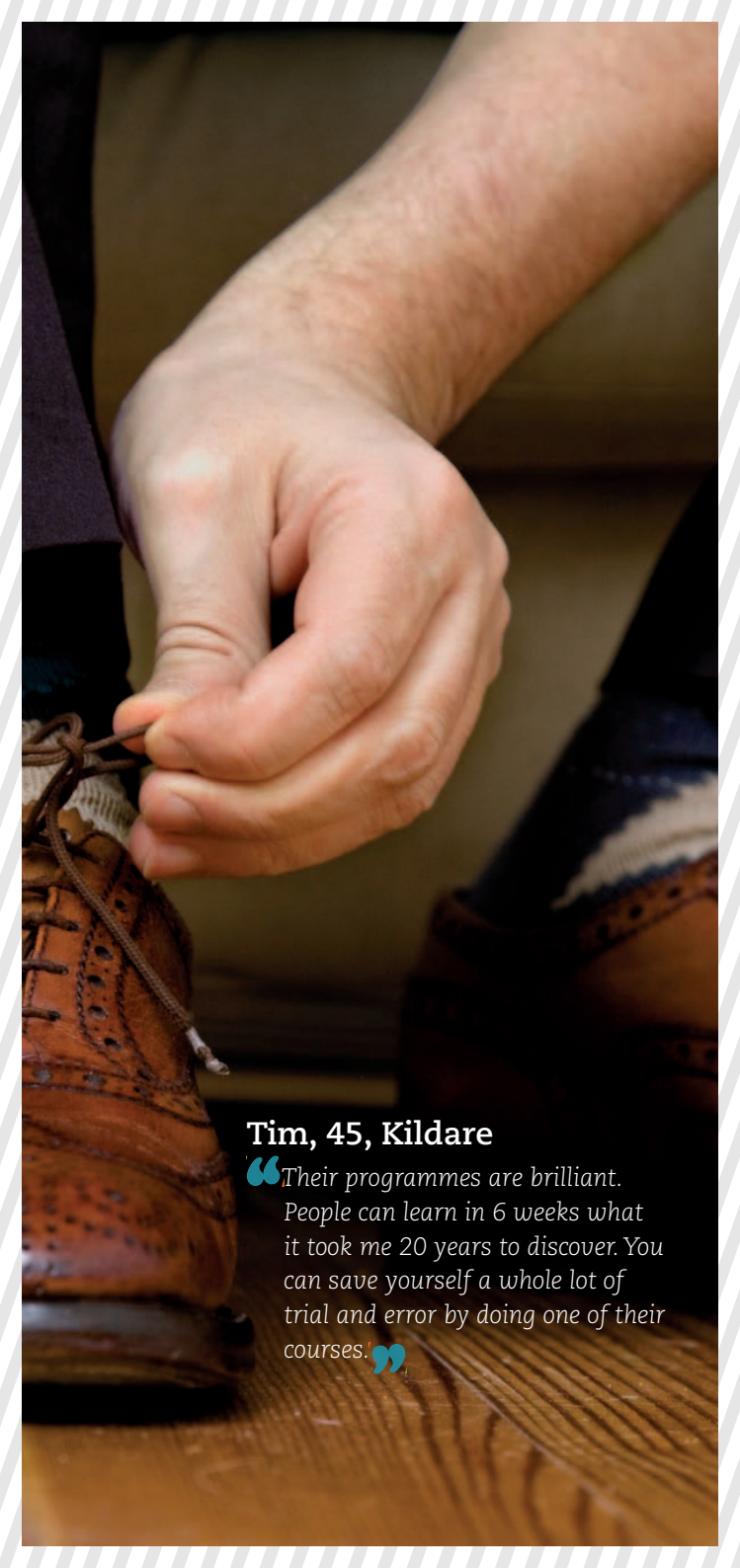
### Laura, 25, Dublin

“Many of the people who have attended a Living Well with Arthritis course will tell you they didn't require support, myself included. What we did need was the skills to manage living with a chronic illness. Arthritis used to have a hold of me (but) now I truly believe that, while arthritis is unpredictable, I am in a better position to take control of it.”

### Maeve, 48, Dublin

“The course helps in all aspects of living with arthritis. I learned that simple things can make such a huge difference to your life. Being understood, talking to people who understood the pain and the huge changes that living with arthritis makes in your life was just amazing. I felt less crazy; I felt less alone, the isolation was removed. I knew that there was support out there and all of a sudden the world became a different place for me.”

To find out more about a self-management course near you, contact Arthritis Ireland on **01-6618 188** or email **[info@arthritisisireland.ie](mailto:info@arthritisisireland.ie)**



**Tim, 45, Kildare**

“Their programmes are brilliant. People can learn in 6 weeks what it took me 20 years to discover. You can save yourself a whole lot of trial and error by doing one of their courses.”



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