

# Arthritis Foundation Self-Help Program

## What is the Arthritis Foundation Self-Help Program?

For people with arthritis or fibromyalgia, living the most active life with the least amount of pain and fatigue involves becoming an active partner in their arthritis care. This means working with health-care providers as well as learning how to manage arthritis on a day-to-day basis. The **Arthritis Foundation Self-Help Program** is designed to help participants learn and practice the different skills needed to build an individualized self-management program, and gain the confidence to carry out this program.

## Does it Work?

Past participants of the **Arthritis Foundation Self-Help Program** have experienced such benefits as increased knowledge about their arthritis, increased frequency of exercise and relaxation, increased self-confidence, decreased depression, decreased pain, decreased fatigue, and decreased physician visits.

## Program Goals

The **Arthritis Foundation Self-Help Program** is designed to:

- Identify and teach the latest pain management techniques;
- Teach how to manage fatigue and stress more effectively;
- Discuss the purposes and effective use of medications;
- Help participants find solutions to problems caused by arthritis and fibromyalgia;
- Identify ways to deal with anger, fear, frustration and depression, discuss the role of nutrition in arthritis management;
- Discuss new ways to communicate with family and friends;
- Teach how to form a partnership with the health care team.

## Who Offers the Course?

Community organizations committed to improving the quality of life for people with arthritis partner with the Arthritis Foundation North Central Chapter to offer the course. These organizations include faith communities, senior centers, YMCA's, senior housing sites or other organizations serving the community.

## Who Teaches the Course?

A person with arthritis or related condition or a health care professional who have completed the Arthritis Foundation Self-Help Program Leader Training workshop teaches the course.

## Who Can Participate?

Any person having one of the more than 150 types of arthritis may attend the **Arthritis Foundation Self-Help Program**. A spouse, other family member or friend may also attend.

## Course Content & Process

The Arthritis Foundation Self-Help Program is taught over six consecutive weeks in two-hour sessions per week.

## What is the Cost?

There is no charge for the program. Participants may borrow or purchase a copy of the *Arthritis Helpbook*.

## How do you Register?

To register for the **Arthritis Foundation Self-Help Program** in your area, please contact:

Michael Ramsey  
Arthritis Foundation North Central Chapter  
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