



Resources for People with Arthritis



Information about Arthritis

The Arthritis Society (Canada)

- www.arthritis.ca
- Offers website information, brochures, and public forums for patients and health care providers

Arthritis Resource Guide of British Columbia

- www.argbc.ca
- Provides provincial and local resources, and education materials for patients and health care providers

Arthritis Answers Line (BC)

- 604-875-5051 or toll-free 1-800-321-1433
- Calls are answered by people with arthritis.

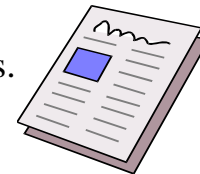
The Arthritis Society – Learning Centre (BC)

- 895 West 10th Ave, Vancouver, BC
- Library is open Monday to Friday 10 am to 4 pm



Arthritis Consumer Experts (Canadian)

- www.jointhehealth.org
- Provides arthritis research, education and advocacy news.
- JointHealth monthly newsletter and public forums



Rheuminfo website (Canadian)

- www.rheuminfo.com
- Provides information on arthritis diseases, medications and exercise.

OASIS (Osteoarthritis Service Integration System)(BC)

- www.vch.ca/oasis/oa.htm
- Provides information on osteoarthritis and its management

Arthritis Foundation (USA)

- www.arthritis.org or 1-800-568-4045



Group Education Sessions

Arthritis Self-Management Program (ASMP) – The Arthritis Society

- 604-875-5051
- 6 peer-led evening sessions are available throughout the province.

Patient Education Program – Mary Pack Arthritis Program

- 604-875-4021
- 19 modules on various topics to manage arthritis.

OASIS (Osteoarthritis Service Integration System)(BC)

- 604- 827.3326 or www.vch.ca/oasis/education_calendar.htm
- Offers classes on managing osteoarthritis.



Public forums

- The Arthritis Society:604-875-5051 or toll free 1-800-321-1433
- Arthritis Consumer Experts: 604-974-1366 or toll-free 1-866-974-1366

BC Provincial Resources

B.C. Chronic Disease Management Website

- <http://www.health.gov.bc.ca/cdm/patients/index.html>
- Provides patient information and resources on common chronic illnesses.

Provincial Guidelines for the Treatment of Rheumatoid & Osteoarthritis & other chronic conditions:

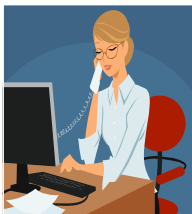
- www.BCGuidelines.ca

HealthLink BC

- www.HealthLinkBC.ca
- Dial 811 (711 if hearing impaired) to speak to a nurse, dietitian, or pharmacist
- Information on various health concerns, medications, healthy living etc

Consortium for Organizational Mental Healthcare

- www.comh.ca/selfcare
- Free downloads: 20 minute relaxation exercise,
Positive Coping with Health Conditions workbook
Anti-depressant Skills workbook.



Books on Arthritis



The Arthritis Helpbook: A Tested Self-Management Program for Coping with Arthritis & Fibromyalgia by Kate Lorig & James Fries.
5th edition published in 2006 by Da Capo Press

Living a Healthy Life with Chronic Conditions by Kate Lorig & others.
2nd edition published in 2000 by Publishers Group West

Rheumatoid Arthritis, Plan to Win by Cheryl Koehn, Taysha Palmer, & John Esdaile, MD. Published in 2002 by Oxford University Press.

Living Well with Arthritis, A Sourcebook for understanding and managing your arthritis by Dr. Diane Mosher, Dr. Howard Stein, Dr. Gunnar Kraag, Published in 2002 by Viking Canada

Advocacy

BC Coalition of People with Disabilities

- 604-875-0188 or www.bccpd.bc.ca



Support Groups

Contact TheArthritis Society for support groups in your area.

- 604-875-5051 or toll-free 1-800-321-1433



Seeking Help from a Health Care Provider in BC



Physiotherapist:

- www.bcphysio.org or 1-888-736-5645
- Physiotherapists assess your body's movement, strength and flexibility. Treatments include specific exercises, heat, ice, ultrasound, TENS, etc.

Occupational Therapist:

- www.bcsot.org/ or 1-888-736-5645
- Occupational therapists assess your ability to do everyday activities and suggest other ways or tools to reduce pain, fatigue and improve function.





Nurse:

- Health Link BC: Dial 811 (711 if hearing impaired)
- Nurses provide education & supportive counseling on managing health concerns, arthritis symptoms and medications.

Dietitian:

- Health Link BC: Dial 811 (711 if hearing impaired)
- Dietitians provide information about food & the dietary concerns of people with health conditions.



Social Worker:

- www.bccollegeofsocialworkers.ca or check local health agencies
- Social workers connect you & your family with supportive community resources, and help you deal with life changes such as depression, housing and financial concerns.



Rheumatologist:

- www.cpsbc.ca (College of Physicians & Surgeons of British Columbia)
- Requires a referral from your family doctor.
- Rheumatologists diagnose your condition(s), prescribe medications and other treatments for arthritis & other health conditions. Rheumatologists also act as a medical resource for other health care providers.



Mary Pack Arthritis Outpatient Treatment Program

- Offers specialized services to meet the needs of adults and children with arthritis in Vancouver (604-875-4008), Victoria (250-598-2277), Cranbrook (250-426-4442) and Penticton (250-492-4000 ext 2286)
- These services include physiotherapy, occupational therapy, nursing, social work, patient education sessions, specialized drug monitoring programs, intensive treatment programs, and travel consultation services by rheumatologists & occupational therapists.
- Requires a referral from your family doctor or rheumatologist



GFS Rehabilitation Centre - Arthritis Inpatient Program

- Intensive team approach to treat complex arthritis conditions and for rehabilitation after surgery.
- Requires a referral from a rheumatologist or orthopedic surgeon.
- 604-737-6382 or www.GFStrong.com
- Outpatient Vocational Rehab Services, Sexual Health Rehab Services, & Addiction Services are available by referral only at 604-734-1313