

Resources for People with Arthritis

Mary Pack Arthritis Program (MPAP) (BC)

www.vch.ca/mpap

- Clinics are available in Vancouver, Victoria, Penticton and Cranbrook
- Virtual and in-person services provided by rheumatologists, physiotherapists, occupational therapists, nurses and social workers.
- Virtual education sessions on various topics to manage arthritis (Note: In-person classes will resume in Vancouver & Victoria when appropriate)



ArthritisBC+ME

www.arthritisbcandme.info

- Portal for arthritis information, programs and resources in BC

Osteoarthritis Service Integration System (OASIS) (BC)

www.vch.ca/oasis

- Offers online education classes for adults with osteoarthritis and those awaiting joint replacement surgery

Arthritis Society Canada

www.arthritis.ca

- Provides information, online educational modules and public forums on arthritis and its management
- The Arthritis Society – BC 1.866.414.7766 or info@bc.arthritis.ca



Arthritis Consumer Experts (ACE) (Canada)

www.jointhealth.org

- Provides information and online education programs on arthritis and actively advocates on arthritis health and policy issues

Rheuminfo website (Canada)

www.rheuminfo.com

- Provides information on arthritis and options for management

Arthritis Research Centre of Canada

www.arthritisresearch.ca

- Provides information & videos on arthritis research and education

HealthChoicesFirst (Canada)

www.healthchoicesfirst.com

- Provides videos and information on arthritis and other health conditions

Canadian Spondylitis Association (Canada)

<https://www.spondylitis.ca/>

BC Lupus Society

<https://www.bclupus.org/>

Scleroderma Association of BC

<https://sclerodermabc.ca/>

Sjögren's Syndrome Foundation

<https://www.sjogrens.org/>

Osteoporosis Canada

<https://osteoporosis.ca/>



HealthLink BC

www.HealthLinkBC.ca

- Dial 811 (711 if hearing impaired) to speak to a nurse, dietitian, pharmacist or exercise physiologist
- *Active For Health* toolkit for guidance and resources on being physically active when living with arthritis <https://www.healthlinkbc.ca/healthy-eating-physical-activity/active-for-health>
- Information on various health concerns and where to find health services in BC

BC Chronic Disease Management Website

<http://www.health.gov.bc.ca/cdm/patients/index.html>

- Provides patient information and resources on common chronic illnesses

Arthritis Foundation (US)

www.arthritis.org

- Provides information on arthritis, treatment and healthy living

Managing Daily Life Issues with Arthritis

Assessing Inflammatory Arthritis Disease Activity

- RA symptom assessor - <https://ra.rheuminfo.com/>
- Psoriatic arthritis symptom assessor - <https://psa.rheuminfo.com/>
- AS symptom assessor - <https://as.rheuminfo.com/>
- Track & React <https://arthritis.org/health-wellness/healthy-living/physical-activity/getting-started/track-and-react>

Medications for Arthritis

- ACE Medication Guide 2017 - <https://jointhealth.org/pdfs/MedicationsGuideJune2017.pdf>
- Arthritis Society Medication Reference Guide - <https://arthritis.ca/treatment/medication/medication-reference-guide>



Pain

- Arthritis Society - <https://arthritis.ca/treatment/pain-management>
- Pain BC www.painbc.ca. provides information on self-management, support groups and recommended resources for people living with chronic pain
- LivePlanB+ - <https://www.liveplanbe.ca/> - online program
- Change Pain – <https://www.changepain.ca/>

Energy & Fatigue

- Arthritis Society - <https://education.arthritis.ca/en-us/fatigueandarthritisis.aspx>
- Versus (UK) <https://www.versusarthritis.org/about-arthritis/managing-symptoms/managing-fatigue/>



Sleep

- Arthritis Society - <https://education.arthritis.ca/en-us/agoodnightssleep.aspx>
- National Sleep Foundation - <https://sleepfoundation.org/>
- Versus (UK) - <https://www.versusarthritis.org/about-arthritis/managing-symptoms/sleep/>
- HealthlinkBC - <https://www.healthlinkbc.ca/health-topics/slppb>
- Keltys's Key - <https://www.keltyskey.com/> (includes an insomnia section)

Stress & Emotions

- Arthritis Society: Arthritis and Emotional Health - <https://arthritis.ca/living-well/stronger-together/mental-health/arthritis-and-emotional-health>
- CARMHA-Centre for Applied Research in Mental Health & Addiction: www.sfu.ca/carmha/toolsandresources.html
- MindHealth BC - <http://www.mindhealthbc.ca>
- Keltys's Key - <https://www.keltyskey.com>
- BC Association of Clinical Counsellors* - <http://bc-counsellors.org>
* Provides counselling on a sliding scale



Healthy Eating

- Dietician services - <https://www.healthlinkbc.ca/dietitian-services>
- Dietitians of Canada - <https://www.dietitians.ca/Your-Health.aspx>
- Nutrition facts - <https://nutritionfacts.org/>

Staying Active & Exercise

- Arthritis Society: Physical activity & exercise – <https://arthritis.ca/support-education/online-learning/staying-active>
- Active for Health <https://www.healthlinkbc.ca/healthy-eating-physical-activity/active-for-health>
- Hip or knee OA: <https://vch.eduhealth.ca/en/permalink/phem4536>
- OA: <https://oaaction.unc.edu/resource-library/living-with-osteoarthritis/active-living/>
- OA: <http://oasis.vch.ca/manage-your-oa/exercise/>



Heart Health

- Get Healthy - <https://www.heartandstroke.ca/get-healthy>

Smoking

- Quit Now - <https://www.quitnow.ca/>



Self-Management Support

Chronic disease self-management program (CDSMP)

<https://selfmanagementbc.ca/communityprograms>

Aboriginal CDSMP

<https://www.selfmanagementbc.ca/aboriginalchronicdiseaseprogram>

BCs Health Coach Program <https://www.selfmanagementbc.ca/healthcoachprogram>

Support Groups

<https://arthritis.ca/support-education/support-in-your-community>

or call The Arthritis Society for groups in your area

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



Tools to track & monitor arthritis

Track & React

<https://www.arthritis.org/health-wellness/healthy-living/physical-activity/getting-started/track-and-react>

My Joint Pain (OA) - <https://www.myjointpain.org.au/>

Arthritis ID: <https://www.arthritisresearch.ca/resources/apps/>



Communicating with your doctor

Canadian Arthritis Patient Alliance

<http://arthritispatient.ca/talking-with-my-healthcare-provider/>

Talk to Your Doctor About Joint Pain

<http://www.arthritisalliance.ca/en/talk-to-your-doctor-about-joint-pain-handout>

Advocacy

Disability Alliance BC: 1-800-663-1278 or www.disabilityalliancebc.org

Arthritis Consumer Experts (Canadian) www.jointhehealth.org

Canadian Arthritis Patient Alliance www.arthritispatient.ca

