



ARTHRITIS CARE

*Empowering  
people with arthritis.*

People  
Like Us

# People with arthritis are...

young people

older people

children

all kinds of people

people with a

sense of humour

people who wish it didn't  
take five minutes to turn on a tap

people who can ride a bike  
(but sometimes can't open a jar)

people who  
really love shoes

**people like us.**

# Rosemary's story



Rosemary had worked in pubs all her life. Her job was also her social life; she loved the chat, laughs and working with friends. One day she went to the doctors as she was experiencing pain in her joints. To her shock she was diagnosed with osteoarthritis.

Rosemary had to give up work and felt as if she'd given up her whole life. She was miserable sat at home on her own.

Then a friend heard about a local Arthritis Care support group. Rosemary went along and enjoyed herself. She attended a self-management course, where she learned a lot about taking control of her arthritis. She is now a course leader and also does other voluntary work. She uses her experience to inspire others.

Rosemary wishes everybody with arthritis knew about Arthritis Care's groups and courses. She says, **"If I hadn't been introduced to Arthritis Care I don't think I would have had the confidence to go out there and do voluntary work. I might have still been at home, alone."**

# Ron's story



Ron is an inspiration. He is 77, has osteoarthritis and has been through many operations. However, he still regularly rides his bike and goes to the gym.

Ron manages his arthritis well through exercise. Every time he gets a new pain he goes and sees his gym instructor. He firmly believes that his arthritis would be worse if he didn't exercise.

Ron knows that there is so much everyone with arthritis can do to help themselves but believes that people don't always have the information or the facilities. He would like everybody to benefit from the help that he has had from his local gym.

He says, **“My plea to policy makers is for more money to be made available to train fitness instructors to help people with arthritis.”**

# Rosie's story



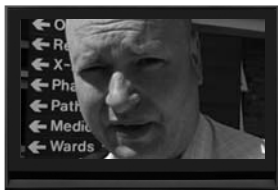
Rosie is a student. You would never know it to look at her but she has idiopathic juvenile arthritis.

Rosie has always been determined to not let her arthritis stop her achieving her dreams.

She's currently at university in London and living away from home. Rosie loves university life but there are difficulties. She's often too tired to go out, which her friends find difficult to understand. She says, **"People think arthritis is just aching joints but they forget the sickness, the tiredness, the pain."**

One of the hardest things to deal with is that many people don't even know that young people can get arthritis.

Rosie's wish is to raise awareness of arthritis, in particular juvenile arthritis. She says, **"There will always be the woman who tuts when I don't give my seat up on the bus. The public needs to know more about arthritis and understand what it means to have it."**



View all of these video diaries, and more, at [www.arthritiscare.org.uk/peoplelikeus](http://www.arthritiscare.org.uk/peoplelikeus)

# Bryan's story



Bryan has just turned 40. Last June he was diagnosed with Adult onset Stills Disease and is coming to terms with finding a “new normal” in his life.

Bryan and his wife had just got married when the diagnosis came. It was a huge shock to them both.

Adult onset Stills Disease is quite rare and at first Bryan felt isolated. He says, **“Unless you’re on crutches or have your arm in a sling, people think there’s nothing wrong with you.”**

The great news is that Bryan and his wife are expecting their first baby. Bryan has already bought a special lightweight pram so he can take baby out and about.

Bryan is extremely positive and is determined not to let the disease beat him. His hope is that more information will become available about Adult onset Stills Disease. He says, **“Adult onset Stills is rare and difficult to diagnose but I’m living proof that it exists.”**

# Kate's story



Kate is 34 and was diagnosed with rheumatoid arthritis when she was 13. For her, the most difficult thing about arthritis, as well as getting to work or out and about, is finding a pair of shoes.

Kate's arthritis has changed the shape of her feet and causes her a great deal of pain. She needs shoes that are soft and flexible so always ends up wearing trainers or black loafers that are "comfy but not particularly exciting." She says, **"Like all women, I own one pair of super sexy shoes but I can't wear them as they're super painful."**

What's really frustrating is that Kate's shoes aren't sky-high heels, they're red patent flats. But because they're hard they make her feet hurt more than her arthritis.

Kate's plea is for shoe designers to take people with arthritis into consideration. She says, **"If architects can be inclusive with their designs, why can't shoe designers? There are nine million people out there with arthritis. We want to spend our money and we want to look stylish."**

# Jack's story



Jack is just nine. Because he has arthritis his mum has to give him an injection once a week. It makes him feel sick and leaves his arm sore and bruised. Jack and his mum both hate the injections. When Jack gets upset, his mum gets upset too.

Jack's favourite thing in the world is football. He would play it all day every day if he could. Sometimes his arthritis makes his wrists and knees hurt while playing but that doesn't stop him. Far from it, he plays so well that lots of his team mates don't even know that he has arthritis.

When Jack is playing football he is so, so happy but there are times when his arthritis gets him down. He says, **“Sometimes, when I'm with my friends, I get angry that I'm the one who has to have arthritis.”**

**You can see Jack's video diary, and all of these personal accounts of life with arthritis at [www.arthritiscare.org.uk/peoplelikeus](http://www.arthritiscare.org.uk/peoplelikeus)**