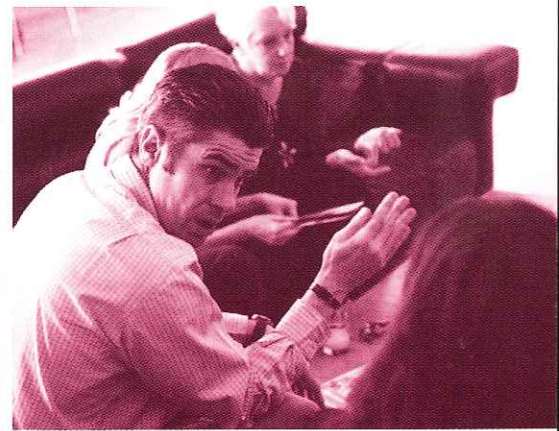




ARTHRITIS CARE

*Empowering
people with arthritis.*



training services
delivering quality self-management
programmes across the UK

Arthritis Care is the largest voluntary sector organisation in the UK working to empower people with arthritis. It was the first organisation to deliver self-management programmes in the UK.

Supporting over 100,000 people every year, our work aims to promote quality of life, health, and independence for people with arthritis, their families, carers and employers.

Arthritis Care provides training courses delivered by fully accredited trainers who live with arthritis themselves.

Our wide portfolio of self-management programmes covers issues such as awareness, pain-management, positive thinking and living, taking control, practical self-management techniques and arthritis in childhood.

Our two six-session chronic disease self-management programmes are delivered under licence from Stanford University and are accredited and evaluated to recognised standards. Arthritis Care develops new high-quality self-management products on an ongoing basis, using a range of rigorous assessment tools including the Stepping Stones Quality Framework, evaluation and clinical trial.

Our self-management programmes include:

- Arthritis Awareness
- Challenging Arthritis
- Challenging Pain
- Chronic Disease Self-Management
- Kids Have Arthritis Too
- You can Break the Pain Cycle

If you would like more information about our courses, or would like our training consultants to create a course tailored to your working environment, please contact your local Arthritis Care office, or visit www.arthritiscare.org.uk

Arthritis Awareness

This workshop for employers and employees raises awareness of issues surrounding arthritis and the impact on the individual with arthritis. This is delivered within the workplace or at a suitable local venue.

This is delivered within the workplace or at a suitable local venue for groups of up to 20 people.

Run over one day, this workshop uses real-life case studies to illustrate the problems of living and working with arthritis. It helps individuals and organisations to work more effectively with people affected by arthritis. It raises disability awareness and can aid the implementation of a successful equal opportunities policy.

National care standards and compliance with the Disability Discrimination Act (DDA) can require regular training to enable staff to become familiar with recurring or fluctuating conditions such as arthritis, and conditions associated with old age.

Continued training is good commercial practice and cost-effective in raising standards.

Challenging Arthritis

This programme, developed and licensed by Stanford University, is a powerful course designed to enable people of all ages and with all forms of arthritis to get the most out of life. It comprises six weekly two-and-a-half-hour sessions, for up to eighteen participants and includes handbooks and information leaflets.

Challenging Arthritis helps participants develop a totally new, positive outlook by offering simple and powerful techniques to enable them to take control. In a small, supportive group structure, participants are enabled to think more clearly about what they want from life (for example, employment, travel, an active family or social life).

Programme leaders are all positive role models – people with arthritis who have completed the programme themselves. They are able to share experiences and ideas for exercise, relaxation, coping with tiredness and pain – successful outcomes of the programme.

This helps participants get more from their care plans, leads to fewer GP visits and improved quality of life and well-being.

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Challenging Pain

A workshop in two sessions on consecutive weeks.

This workshop combines practical activities and learning, to help people with chronic pain understand more about pain and how to challenge and manage it.

Run by two trainers living with chronic pain, the programme is designed to provide coping skills to enable those with pain to manage their lives more positively and effectively. Pain management techniques are introduced in a safe environment in which participants can try out a variety of approaches.

Topics include:

- what is pain?
- getting through your day – pacing
- managing stress
- pain management therapies
- problem solving
- diversion technique
- visualisation
- combating negativity
- local resources

This programme is currently completing clinical trial, due to end in 2006.

Chronic Disease Self-management Programme

This is a self-management programme for people living with a long-term health condition, developed and licensed by Stanford University.

The programme runs over six weeks with weekly two-and-a-half-hour sessions in a relaxed and supportive atmosphere. It is led by accredited trainers living with a long-term health condition who have completed the programme themselves.

The programme provides participants with opportunities to develop new skills to empower and enable them to manage their condition more effectively day-to-day. Topics covered include symptom and pain management, relaxation, healthy eating and exercise, coping with fatigue and positive thinking.

Independent research has shown that participants on this programme can achieve improved symptom management, general health and coping skills, improved interaction with healthcare professionals and fewer days in hospital.



Kids Have Arthritis Too

A series of active outreach courses for young children and students.

The course is designed to make students and pupils aware of the impact and effects of arthritis.

Students experience a little of what it is like to live with arthritis. Using gloves to restrict hand movements, everyday activities are tried out. Tools and aids designed to help those with arthritis, such as tap and key turners, pen grips, grab sticks and buttonhooks are demonstrated and used by the students or pupils.

Appropriate words to describe the experiences of people with arthritis are introduced and discussed, as are issues with older family members, contemporaries and classmates.

With the emphasis on overcoming problems and group activities designed to relate to everyday life, a positive approach to disability awareness is demonstrated to the benefit of all.

The course can be tailored to individual requirements with regard to participants' age, timing and abilities. All trainers have the necessary disclosure certificates and training to be able to work with children.

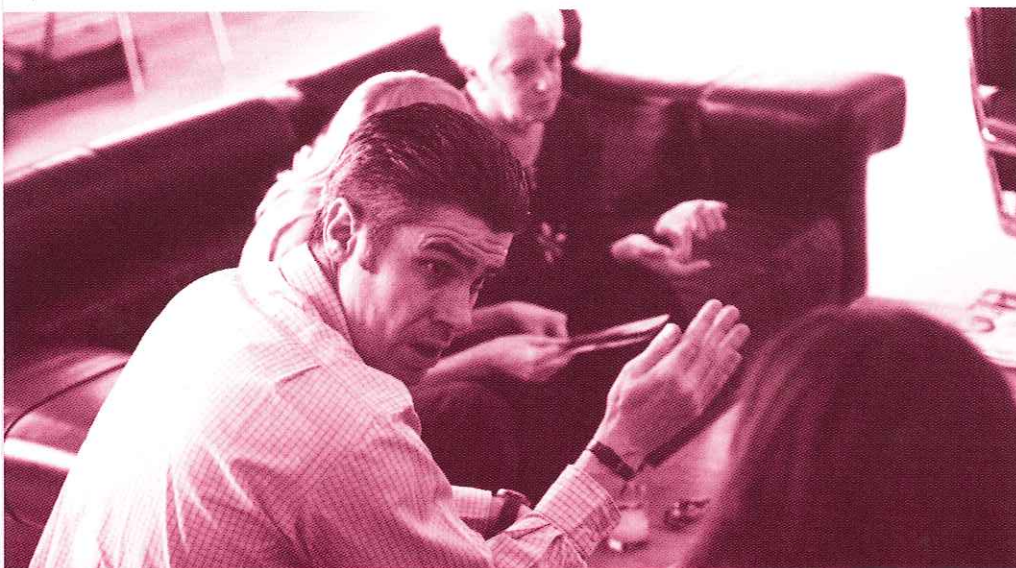
You can Break the Pain Cycle

Two trainers, both of whom are positive role models living with chronic pain, deliver this programme about the self-management of pain and successful methods of managing arthritis.

Run over one day, the aim of the programme is to instil the belief that participants can manage their arthritis and that it is possible to minimise pain.

The trainers describe the three most common types of arthritis, the anatomy of joints and the physical causes of pain in arthritis. The nature of pain, the cycle of pain and what can be done about it is examined.

Resources and techniques for pain and stress management, relaxation and appropriate exercise are introduced and explored.



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