

## Resources for People with Arthritis

### ArthritisBC+ME

[www.arthritisbcandme.info](http://www.arthritisbcandme.info)

- Portal for arthritis information, programs and resources in BC



### Mary Pack Arthritis Program (MPAP) (BC)

<http://mpap.vch.ca>

- Clinics are available in Vancouver, Victoria, Penticton and Cranbrook  
Travelling clinics with rheumatologists are provided throughout BC.
- Services provided by rheumatologists, physiotherapists, occupational therapists, nurses and social workers.
- In-person education sessions on various topics to manage arthritis in Vancouver & Victoria

### Osteoarthritis Service Integration System (OASIS) (BC)

[www.vch.ca/oasis](http://www.vch.ca/oasis)

- Clinics are available in Vancouver, Richmond and North Vancouver
- Offers assessment, treatment recommendations & education classes for adults with osteoarthritis and those awaiting joint replacement surgery.

### The Arthritis Society (TAS) (Canada)

[www.arthritis.ca](http://www.arthritis.ca)

- Provides information, brochures, videos and public forums on arthritis & its management
- The Arthritis Society – BC 1.866.414.7766 or [info@bc.arthritis.ca](mailto:info@bc.arthritis.ca)

### Arthritis Consumer Experts (ACE) (Canada)

[www.jointhehealth.org](http://www.jointhehealth.org)

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



### Rheuminfo website (Canada)

[www.rheuminfo.com](http://www.rheuminfo.com)

- Provides information on arthritis and options for management

### **Arthritis Research Centre of Canada**

[www.arthritisresearch.ca](http://www.arthritisresearch.ca)

- Provides information & videos on arthritis research and education

### **HealthChoicesFirst (Canada)**

[www.healthchoicesfirst.com](http://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](http://www.HealthLinkBC.ca)

- Dial 811 (711 if hearing impaired) to speak to a nurse, dietitian, pharmacist or exercise physiologist
- Information on various health concerns, medications, healthy living, etc
- Information about how 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](http://www.arthritis.org)

- Provides information on arthritis, treatment and healthy living
- Guidance on nutrition, physical activity and emotional well-being

## 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>
- TAS Medication Reference Guide - <https://arthritis.ca/treatment/medication/medication-reference-guide>



### Pain

- TAS - <https://arthritis.ca/treatment/pain-management>
- Pain BC [www.painbc.ca](http://www.painbc.ca). provides information on self-management, support groups and recommended resources for people living with chronic pain
- Pain BC Toolbox - <https://www.painbc.ca/find-help/pain-bc-toolbox>

### Energy & Fatigue

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



### Sleep

- TAS - <http://education.arthritis.ca/en-us/agoodnightsleep.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

- TAS: 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](http://www.sfu.ca/carmha/toolsandresources.html)
- MindHealth BC - <http://www.mindhealthbc.ca>
- Kelty'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 and Exercise

- TAS: Physical activity & exercise – <https://arthritis.ca/support-education/online-learning/staying-active>
- HealthLinkBC - Physical Activity Service  
[www.healthlinkbc.ca/physical-activity-services](http://www.healthlinkbc.ca/physical-activity-services)  
Telephone & online resource for physical activity information from qualified exercise professionals.
- OA: <https://oaaction.unc.edu/resource-library/living-with-osteoarthritis/active-living/>
- OA: <http://oasis.vch.ca/manage-your-oa/exercise/>
- All types: <https://www.cdc.gov/arthritis/basics/physical-activity-overview.html>



## 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

<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](http://www.disabilityalliancebc.org)

**Arthritis Consumer Experts (Canadian)** [www.jointhehealth.org](http://www.jointhehealth.org)

**Canadian Arthritis Patient Alliance** [www.arthritispatient.ca](http://www.arthritispatient.ca)

