

NEW
PROGRAMS

Rheumatoid Arthritis and Osteoarthritis of the knee Programs

The education team is excited to be able to offer 2 new self-management programs this year.

The programs,

Rheumatoid Arthritis Education and Self – Management Program (RA-P)

and

Osteoarthritis of the Knee Self-Management Program (OAK)

have been developed and evaluated by Arthritis Western Australia.

Our staff are now trained and able to run these programs and look forward to sharing the benefits of them with you.

Each program runs for 6 weeks, with each session running for 2 – 2½ hours. To attend the program a referral is required from your specialist, GP or allied health professional. Partners / carers are encouraged to attend the program with you.

Rheumatoid Arthritis Education and Self-Management Program (RA – P)

This is the first disease specific program in Australia for people with rheumatoid arthritis, psoriatic arthritis and ankylosing spondylitis.

Specific program topics include: learning about your disease, the immune system, overview of medicines, causes and management of fatigue, pain management techniques, activity and exercise, nutrition and healthy eating, emotions and arthritis, joint protection techniques, alternative therapies and osteoporosis.

Osteoarthritis of the Knee Self-Management Program (OAK)

This program has been designed specifically for people who have been diagnosed with osteoarthritis of the knee.

Specific program topics include: learning about your condition, overview of medicines, activity and exercise, pain management techniques, emotions and arthritis and alternative therapies

2009 program dates

RA – P 6.00 – 8.30pm Thursday 27th April – Thursday 3rd June and
6.00 – 8.30pm Monday 6th September – Monday 18th October
Venue: Arthritis NSW, 32 Delhi Road, North Ryde

OAK 1.00 – 3.30pm Monday 31st May – Monday 12th July and
1.00 – 3.30pm Thursday 9th September – Thursday 21st October
Venue: TBA (Sydney metropolitan area)

Program cost is \$35.00 for Arthritis NSW members
(Partners / support person at a reduced cost)

To register your interest in either course, or to find out more, please contact either Di Spragg or Jacqui Louth on 02 9857 3300 or 1800 011 041