

The Arthritis/Fibromyalgia Self-Management Program

The Arthritis/Fibromyalgia Self-Management Program is a community program to help people live successfully with Arthritis and Fibromyalgia. It is led by two trained leaders who complete a four-day training workshop and is delivered in communities to groups of 10-12 persons, 2 hours once a week for six consecutive weeks. Participants receive the “*The Arthritis Helpbook*” which accompanies the program.

The Arthritis/Fibromyalgia Self-Management Program was designed specifically for persons experiencing all types of arthritis and fibromyalgia. Family members and caregivers who live with people experiencing the daily challenges of living with arthritis and fibromyalgia are also welcome to attend.

The Arthritis/Fibromyalgia Self-Management Program provides knowledge, skills and confidence to successfully manage their health condition and improve their quality of life.

The Program covers the following topics:

- Pain and symptom cycle
- Pain and fatigue management
- Pacing: balancing activity and rest
- Preventing and slowing osteoporosis
- Exercise and preventing falls
- Dealing with difficult emotions
- Working with health care team
- Healthy eating
- Problem solving
- Medication effects and responsibilities
- Depression and positive thinking
- Informed treatment decisions

For information about workshop dates and locations:

Lower Mainland 604 940-1273 | TOLL FREE 1 866-902-3767
www.selfmanagementbc.ca | selfmgmt@uvic.ca

What participants say about the program

A well presented and informative workshop of value to those suffering from a chronic condition and pain; family members ...obtain information on assisting their loved ones

I learned a lot and enjoyed the course. The leaders were excellent and encouraged us to make friends within the group

...No one would ever believe this was a room full of people with arthritis with all this laughter...

The course was a great success; all of us participants were very pleased and would highly recommend it to others. A very warm thank you to the leaders for all their efforts and patience

...excellent material discussed and in the textbook provided. Well presented by the leaders, great response and good participation by all involved with the program...

I have learned different ways to handle my pain. Some things I had not thought of in the past necessarily and just learned different ways how to handle it and the different emotions that can arise from feeling the pain and so that helps me personally and professionally.

Other Self-Management Programs include:

Chronic Disease (Online version also available)

Chronic Pain

Diabetes

Active Choices



Self-Management BC is a Ministry of Health, Patients as Partners initiative administered by the University of Victoria.