

CATCH | **CANADIAN EARLY ARTHRITIS COHORT**

List of resources about RA and work

We have compiled a list of patient resources from credible arthritis organizations across Canada.

Arthritis Consumer Experts (<https://jointhehealth.org/>)

- [Smart Design for people living with arthritis](#)
- [Recognizing and managing depression and anxiety](#)
- [Ways to prevent or manage depression and anxiety](#)
- [Arthritis At Home Episode – Telehealth and a joint-friendly workspace for people with arthritis](#)
- [Arthritis in the workplace: Are employers and employees speaking the same language?](#)
- [Making it work, at work](#)
- [Managing your world with RA](#)

Arthritis Research Canada (<https://www.arthritisresearch.ca/>)

- [Making it Work – Employment and Arthritis](#)

Arthritis Society Canada (<https://arthritis.ca/>)

- [Arthritis and Work](#)
- [I'm an employee](#)
- [Accommodation toolkit](#)
- [Arthritis Advice - Workplace Health and Wellness \(Dr. Arif Jetha\)](#)

Canadian Arthritis Patient Alliance (www.arthritispatient.ca)

- [Workplace Wisdom From Patients](#)
- [Self-care for work: A resource for patients by patients](#)
- [Adapting the work environment for arthritis: A resource for patients by patients](#)
- [Know your workplace rights: A resource for patients by patients](#)
- [Job Accommodation Network](#)

**Canadian Psoriasis Network (<https://www.canadianpsoriasisnetwork.com/>) &
Canadian Association of Psoriasis Patients (<https://www.canadianpsoriasis.ca/en/>)**

- [Demystifying Workplace Accommodation A guide for people with psoriasis and psoriatic arthritis \(PsA\)](#)
- [Legal Rights and Obligations for Employees and Employers Around Workplace Accommodation for Psoriasis and Psoriatic Arthritis](#)
- [Employee Tool for Requesting Doctors to Prepare Medical Notes, Accommodation Forms, and Disability Benefits Application Forms](#)
- [Working it Out Report: A report on the experiences of people with psoriatic disease in the Canadian workplace](#)
- [Mapping tool on income support and employment programs in Canada](#)
- [White Paper on Income Support and Employment Policy in Canada](#)

Canadian Spondyloarthritis Association (<https://sparthritis.ca/>)

- [Learn to Navigate Post Secondary with SpA](#)
- [Time Management](#)
- [Disability Resources in Canada](#)
- [Disability Webinar](#)
- [Intro to public and Private reimbursement](#)

Creaky Joints Canada (<https://creakyjoints.ca/>)

- [What to Know About Going Back to the Office If You're Fully Vaccinated and Immunocompromised](#)
- [Working with Arthritis: 6 Changes You Should Make to Keep Your Career on Track](#)
- [How Changing My Work Schedule Helped Me Manage My Rheumatoid Arthritis](#)

Take a Pain Check Foundation (<https://www.takeapaincheck.com/>)

- [Episode 55 - Break a Leg](#)
- [Episode 28 - How to Run a Business When Your Body Is On Fire](#)
- [Episode 67 - The RA-lity of Lupus](#)