

CATCH | CANADIAN EARLY ARTHRITIS COHORT

List of resources about navigating healthcare / life with RA

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

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

- [RA Lesson Plan](#)
- [Smart Design for people living with arthritis](#)
- [Arthritis in the workplace: Are employers and employees speaking the same language?](#)
- [About Rheumatoid Arthritis](#)

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

- [Rheumatoid Arthritis Care in Alberta – ‘The right care at the right time by the right provider’](#)
- [Use of the Emergency Department by Persons with Inflammatory Arthritis Conditions](#)
- [Measuring what Matters in Rheumatology in Alberta to Improve Care Delivery](#)
- [A Flexible Care Delivery Model for Arthritis \(FlexCAre\)](#)
- [Identifying different health care needs of people with Rheumatoid Arthritis \(RA\)](#)

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

- [Rheumatoid Arthritis Hub](#)
- [Inflammatory Arthritis Self-Management](#)

Canadian Arthritis Patient Alliance (www.arthritispatient.ca)

- [Tips on How to Manage Daily Cooking Tasks and Live Well with Arthritis](#)
- [Limited Mobility Disabilites Webinar](#)
- [Know Your Numbers & Trends](#)
- [Managing Pain and Fatigue](#)
- [What to Discuss with Your Healthcare Team](#)
- [Making the Most Out of Your Appointment](#)
- [Communicating with Your Healthcare Team](#)

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

- [Tools to Support your Diagnosis Journey](#)
- [Talking to Healthcare Professionals](#)

- [Arthritis Treatment Risks tool](#)
- [AxSpA Discussion Guide](#)

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

- [RA Patient Perspectives: Treatment and More](#)