

## Self-care for work

A resource for patients by patients

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At CAPA, we are patients too and we know that a diagnosis of arthritis means changes at work. Because of this, we launched a [survey](#) on arthritis in the workplace to explore the experiences of people with arthritis. From this survey, we developed resources to help those living with arthritis including:

- 1 [Adapting the work environment for arthritis](#)
  - 2 [Self-care for work](#)
  - 3 [Know your workplace rights](#)
  - 4 [Workplace wisdom from patients](#)
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## Adjusting non-work activities

Holding on to a job can be challenging for people with arthritis. People who answered our survey frequently reported that adjusting non-work activities were important to staying productive at work, such as limiting household tasks and family life. Adjusting non-work activities were often chosen before requesting formal workplace accommodations from their employer.

Adjusting non-work activities depends on the support of your family and friends. People who answered the survey said that adjusting these non-work activities were helpful:

- Spread out non-work activities to save energy
- Reduce social activities

**“Pace yourself! If you have trouble focusing and concentrating, it’s OK. The next day might be better.”**

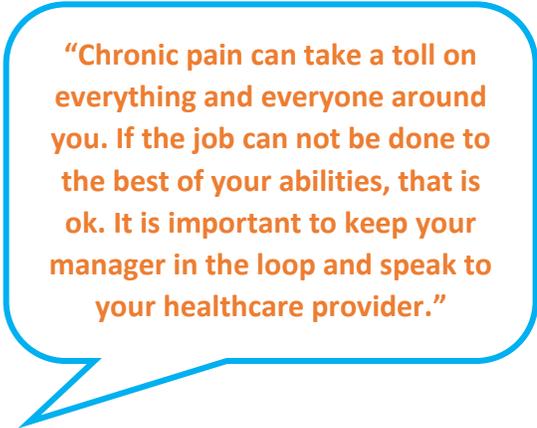
Research shows that adjusting these non-work activities could also be helpful ([Purc-Stephenson et al](#), [Jetha et al](#)):

- Redistribute chores at home, e.g. partner or family members take on tasks at home
  - Manage stress and seek professional help, if needed
  - Avoid certain activities that cause fatigue and that are physically demanding
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## Manage your arthritis

If you continue to have challenges at work because of arthritis symptoms, it may be time to find ways to improve the management of your health condition. CAPA—with input from medical experts—has created a comprehensive overview of inflammatory arthritis called TEAM Arthritis Information (Together Enhancing Arthritis Management). A number of modules are available:

- [Information about inflammatory arthritis](#)
- [Medications to treat inflammatory arthritis](#)
- [What to discuss with your healthcare team](#)
- [Communicating with your health care team](#)
- [Making the most out of your appointment](#)
- [Coping with your arthritis](#)
- [Exercise and arthritis](#)
- [Healthy eating and body weight](#)
- [Lifestyle management](#)



**“Chronic pain can take a toll on everything and everyone around you. If the job can not be done to the best of your abilities, that is ok. It is important to keep your manager in the loop and speak to your healthcare provider.”**

- [Managing fatigue](#)
- [Managing pain](#)
- [Protecting your joints](#)

It may also be helpful to speak with your healthcare provider to discuss how you may be able to improve the management of your arthritis.



**IMPORTANT:** More than one approach is usually required to help you at work. You may need to improve the management of your arthritis, adjust non-work activities, and ask for workplace accommodations from your employer.

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## Related resources

- [The Arthritis Society Self-Advocacy Guide](#)
- [Arthritis Ireland](#)

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