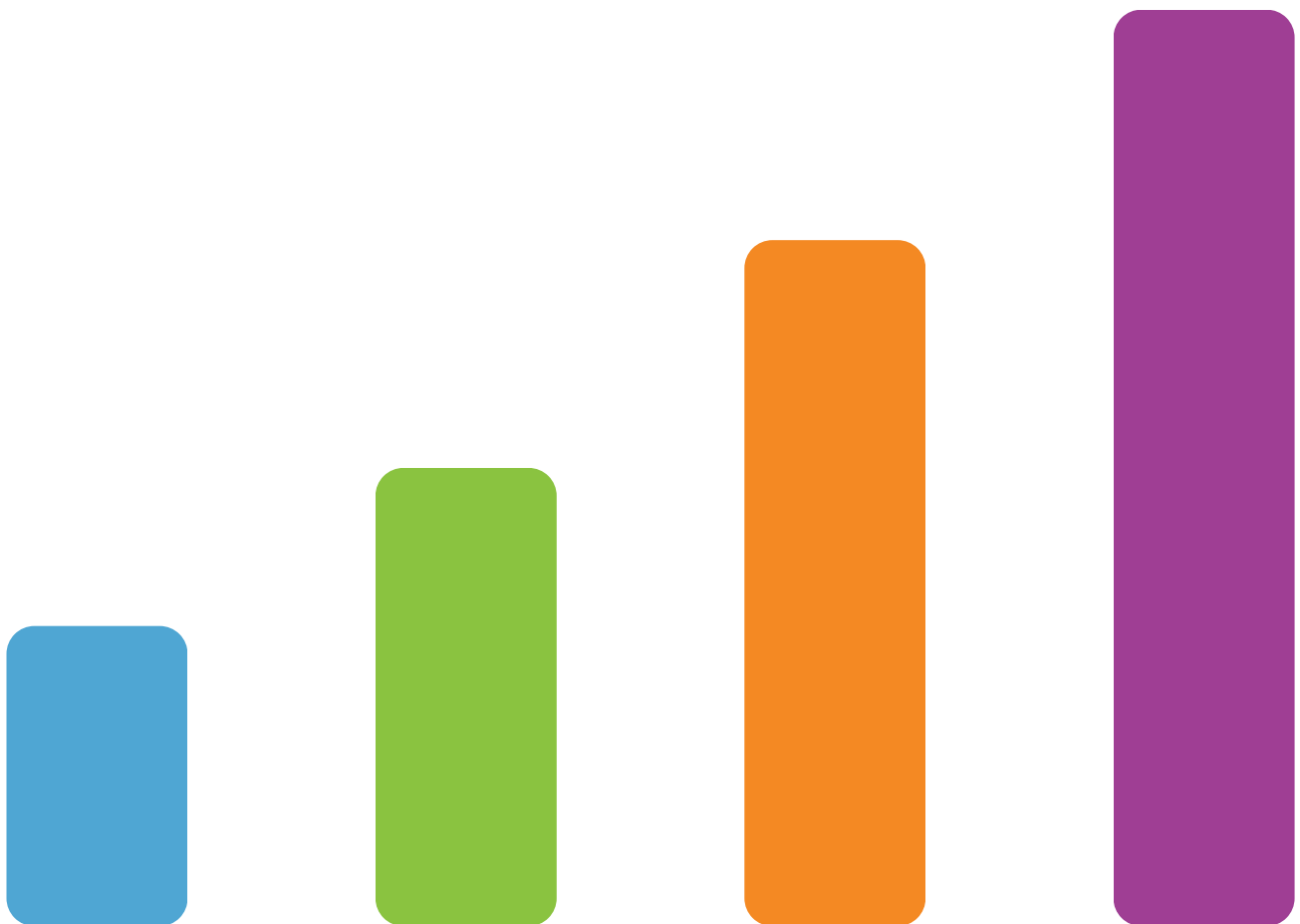


From Coffees to Conferences:

What has CAPA achieved in 2025?



CAPPA

Canadian Arthritis
Patient Alliance

What We Do

CAPA envisions a world where people living with arthritis can live well, without barriers to care, participation, or opportunity. The infographic on the following page introduces the Canadian Arthritis Patient Alliance (CAPA) and offers a snapshot of our role as a patient-led, national organization. It outlines our values, what distinguishes our approach, and the ways we work with partners to improve access to care, strengthen patient-oriented research, and support meaningful participation in decisions that affect people living with arthritis.

By Patients, For Patients

Since 2002, CAPA has stayed true to its roots as a patient-led organization. Founded by people living with arthritis, we remain Canada's only independent, volunteer-based arthritis group run entirely by patients for patients. We believe the true experts on arthritis are the people who live with it every day. That's why our small but mighty team is made up of individuals who know arthritis firsthand.

Who We Are

CANADIAN ARTHRITIS PATIENT ALLIANCE

PATIENT-LED. NATIONAL. EVIDENCE-INFORMED.

CAPA AT A GLANCE

FOUNDED IN
2022



PAN-CANADIAN
SCOPE

LIVED EXPERIENCE
AS EVIDENCE



PATIENT-LED,
PARTNERSHIP
DRIVEN MODEL

FOCUS AREAS
INCLUDE:

- RESEARCH
- POLICY
- EDUCATION
- LIVED EXPERIENCE

WHAT MAKES US DIFFERENT?

**PATIENTS AS PARTNERS,
NOT PARTICIPANTS**

We work with patients as collaborators, advisors, and co-creators.

**INDEPENDENT AND
PATIENT-LED**

CAPA is governed by people living with arthritis.

**EVIDENCE-INFORMED
ADVOCACY**

We combine lived experience with research and policy expertise.

**SMALL TEAM,
NATIONAL IMPACT**

We work strategically to influence systems, not just awareness.

WHAT CAPA DOES



**HEALTH POLICY &
ACCESS**

Improving access to care, treatments, and prevention



**PATIENT-ORIENTED
RESEARCH**

Embedding lived experience in research design and decisions



**EDUCATION &
KNOWLEDGE
TRANSLATION**

Sharing trusted, patient-informed information

OUR VISION

CAPA WORKS TO ENSURE THAT PEOPLE WITH LIVED EXPERIENCE HAVE THE OPPORTUNITY TO:



- Access appropriate healthcare, treatments, and support
- Participate in decisions that affect their health and daily lives
- Drive patient-oriented research and policy decisions



OUR SOCIALS

OUR NEWSLETTER



OUR WEBSITE

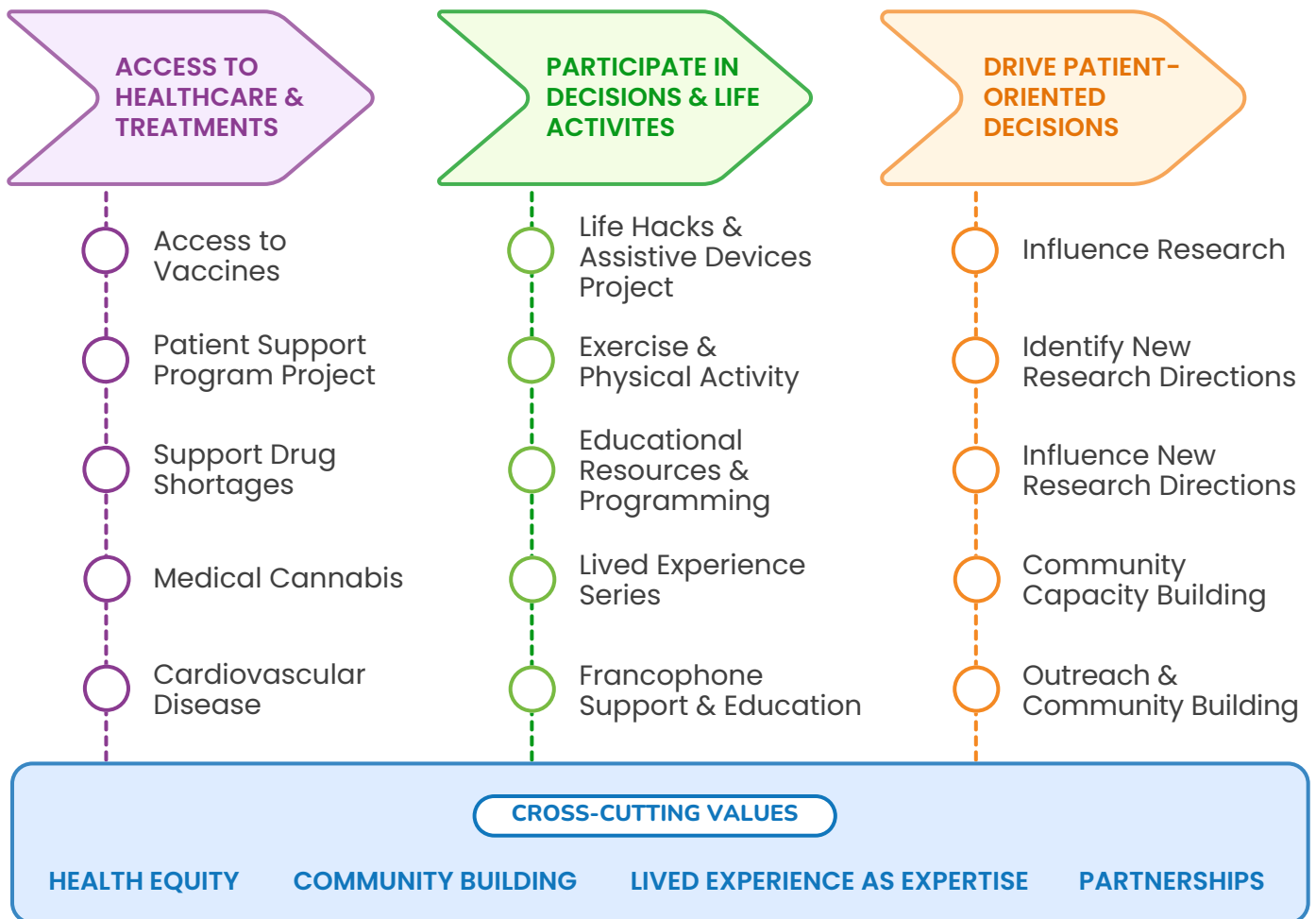


HELPING PEOPLE LIVING WITH ARTHRITIS FIND THEIR VOICE

Vision

The infographic below describes our 2025 priorities, projects, and activities that support our vision.

Vision & 2025 Priorities



Snapshot of 2025 Accomplishments

The infographic below showcases our 2025 accomplishments and their impact across policy, education, research, and the patient community.



Detailed Report on Activities

Below we report on our specific activities and impact according to the long-term vision.

Access to Healthcare and Treatments

| | |
|---|---|
| ACCESS TO VACCINES | <ul style="list-style-type: none">• Sent letters to Ontario and New Brunswick governments advocating for access to vaccines.• Active member of the Canadian Immunocompromised Advocacy Network.• Featured in a news story about the rights of the immunocompromised community in the workplace. <i>une arthritis to retain choices in accessing vaccines.</i> |
| PATIENT SUPPORT PROGRAMS PROJECT | <ul style="list-style-type: none">• Presented a poster at the Canadian Association of Health Services and Policy Research (CAHSPR) meeting in May 2025. |
| SUPPORT DRUG SHORTAGES | <ul style="list-style-type: none">• Ongoing monitoring of drug shortages through our community.• Launched a community engagement initiative and conducted interviews with people living with arthritis about their experiences with drug shortages. A summary report is in development and will be shared in early 2026. |

| | |
|---|--|
| <p>MEDICAL CANNABIS</p> | <ul style="list-style-type: none"> • Launched a community engagement initiative and conducted interviews with people living with arthritis about their experiences with medical cannabis. |
| <p>FRANCOPHONE SUPPORT AND EDUCATION</p> | <ul style="list-style-type: none"> • Recruited a six-member Advisory Committee to guide francophone engagement activities. • Developed an action plan to support education and resources for people living with arthritis whose first language is French. • Continue to translate the CAPA website to French to ensure equal availability of information. • Implemented our first French-language newsletter to expand outreach and engagement. • Planned the first French-only webinar, scheduled to be held in fall 2025. |

Participate in Decisions and Life Activities

| | |
|--|--|
| LIFE HACKS AND ASSISTIVE DEVICES | <ul style="list-style-type: none">• Guided by a multidisciplinary Steering Committee, we held four virtual workshops with diverse interest holders – from makers, engineers, occupational therapists, researchers, and people living with arthritis – to understand current research and patient priorities around living independently with arthritis. The action plan will inform future work and priorities in 2026.• Featured six blogs about living independently with arthritis including two from people living with arthritis and fibromyalgia• Worked with two McMaster University occupational therapy students to run a PhotoVoice project to identify life hacks used by people with arthritis. An infographic was created to share the research findings with the CAPA community. |
| EXERCISE & PHYSICAL ACTIVITY | <ul style="list-style-type: none">• Hosted a webinar about exercise and physical activity in February 2025 featuring three people living with arthritis, a kinesiologist, and physiotherapist.• Hosted two virtual physical activity sessions, guided by someone living with arthritis and a certified yoga instructor to enable people to move safely at home. |
| EDUCATIONAL RESOURCES AND PROGRAMMING | <ul style="list-style-type: none">• Share information about our existing educational materials and resources on the CAPA website.• Made substantial improvements to the CAPA website to make it easier to access and locate our library of resources. |

LIVED EXPERIENCE SERIES

- Offered two lived experience series featuring health care professionals and people living with various forms of arthritis. One was focused on [physical activity](#) while the second webinar was about [getting a diagnosis of arthritis](#).
- Held a [rare rheumatic disease](#) virtual drop-in on Rare Disease Day in February 2025.

Drive Patient-Oriented Research and Decisions

| | |
|------------------------------------|--|
| INFLUENCE RESEARCH | <ul style="list-style-type: none">• Continue to support and facilitate patient engagement in research through our support to arthritis researchers.• Wrote three blog posts or opinion pieces about living with arthritis and policy implications. Examples include On Validation or Lip Service: A Conversation with the Experts and Breathing for Both of Us.• Involved as a co-author in 11 academic papers about key topics focused on patient experiences and perspectives.• Supported 20 research projects through letters of support. |
| COMMUNITY CAPACITY BUILDING | <ul style="list-style-type: none">• Offered two capacity building webinars to the CAPA network of over 40 patient partners to support them as they speak up for themselves to decision makers.<ul style="list-style-type: none">◦ The Patient Room: Chat and Learn for Patient Partners Webinar◦ Building Patient Partner Skills in Pre-Clinical & Clinical Research Webinar• Created two infographic summaries based on the capacity building webinars• Continued to match CAPA's network of patient partners to research and policy making opportunities. |

INFLUENCE PHARMACEUTICAL POLICIES

- Convened a multi-interest holder dialogue in February 2025 called "[DMARD Dialogues: The Impact of Biologics on Rheumatoid Arthritis in the Prevention of Joint Surgeries](#)". Policymakers, industry, patients, researchers, rheumatologists, and pharmacists participated in the event with the final report available on the [CAPA website](#).
- Provide 17 policy submissions for topics of interest to people living with arthritis, such as [preventative health care](#), [health data and connected care](#) legislation, [Bill 2](#) in Quebec, pan-Canadian Pharmaceutical Alliance [Expedited Negotiation Pathways](#), [access to medications](#) in British Columbia, [biosimilars](#), [bulk purchasing](#), and access to vaccines.
- Continue to participate in advocacy relating to [federal](#) and provincial elections, Arthritis Action Plan, and other activities.
- Provided [9 patient input submissions](#) and responses to recommendations for arthritis prescription medications to Canada's Drug Agency, British Columbia Pharmacare, and Institut national d'excellence en santé et services sociaux for the following medications:
 - Sarilumab for polymyalgia rheumatica
 - Obinutuzumab for lupus nephritis
 - Upadacitinib for Giant cell arteritis
 - Tofacitinib for juvenile idiopathic arthritis
- We attended and presented at key health conferences like the Canadian Association for Health Services and Policy Research (CAHSPR), Canadian Organization for Rare Diseases (CORD), Canadian Rheumatology Association, and other key health policy and research meetings in Canada.
- Continued to participate in working groups and committees relating to health policy, such as the Best Medicines Coalition (BMC) drug pricing, rare disease, and pharmaceutical policy.

OUTREACH AND COMMUNITY BUILDING

- Developed and implemented an outreach and social media strategy aligned to awareness days and community-based priorities.
- Featured 14 [new blogs](#) written by health care professionals and people with arthritis on a range of practical topics, like physical activity and occupational therapy.
- Published [11 newsletters](#) to reach out and equip people with arthritis to learn to support themselves. Each newsletter had an average open rate of 53%, click-through rate of 6.5%.
- Ran a Coffee for CAPA fundraiser twice in 2025 raising \$1500 for our organization.