



## What helps you keep doing what you love? Share your experience with us.

### What is our project about?

Arthritis can impact people's ability to participate in daily activities in many different ways. We want to hear how you do things you love – whether its gardening, cooking, art, movement or something else. What helps? What's changed? What makes it possible?

The one-hour interviews will be completed by phone or Zoom meeting to share your experiences, discuss any challenges, and help identify what you do to support greater participation in meaningful activities.

### Eligibility:

- People living with arthritis or related rheumatic conditions (e.g., fibromyalgia, lupus, psoriatic disease)
- Caregivers including family, friends and others

Complete this survey to sign up using the QR code below!



Participants will receive a \$50 honorarium or gift card of their choice for participation!

### Who we are:

We are two Occupational Therapy students at McMaster University partnering with the Canadian Arthritis Patient Alliance. We will use the information from these interviews to create resources and tip sheets!

