

ARTHRITIS REHABILITATION & EDUCATION PROGRAM



What is the Arthritis Rehabilitation & Education Program (AREP)?

The Arthritis Rehabilitation & Education Program is a community-based rehabilitation service for people of all ages with arthritis. It began in 1950 and is provided by Arthritis Society health care professionals with advanced rheumatology training. Client care is provided in a variety of settings, e.g. home, clinic, school or workplace. Clients may be seen on an individual basis or in a group setting.

Who are we?

We are Arthritis Society physiotherapists, occupational therapists and social workers trained in the assessment and management of arthritis.

What can you expect?

Our goal is to help people with arthritis to minimize the impact of this chronic disease on their lives. We coach clients and teach them skills to maximize their independence, enhance their mobility and improve their self-esteem and self-confidence.

What we do:

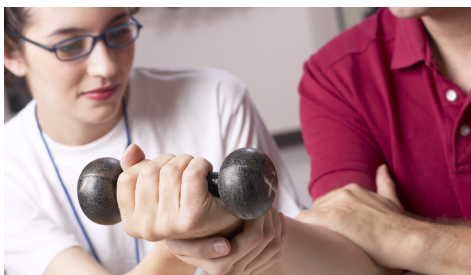
By scheduling an appointment with our therapists, you can learn about:

- how to deal with pain
- arthritis medications
- exercises to reduce stiffness, increase strength and improve fitness
- how to feel less tired
- new ways to do activities that will minimize stress on your joints
- ways to cope with the emotional impact of arthritis
- how your family can help you
- the questions you should ask your health care team
- ways to adapt your home or workplace
- how other services in your community can help



How do you book an appointment to see a therapist?

To book an appointment for an assessment, you can ask your physician for a referral to The Arthritis Society or you can refer yourself if you have a confirmed diagnosis of arthritis. Please see the contact information for The Arthritis Society on the back of this page.



What is the cost for this service?

The Arthritis Society is able to provide individual service to participants at no charge, thanks to funding provided by government grants from the Ontario Ministry of Health and Long-Term Care. Educational materials are funded through the generosity of corporate and individual donors.

CLINIC LOCATIONS

To book an appointment with a physiotherapist, occupational therapist or social worker at one of the clinics listed below, please fill out the referral form online at www.arthritis.ca/ontario/arep or call The Arthritis Society at **1.800.321.1433** or **519.433-2191, ext 1221**

Name	Location
Aylmer Family Health Team	Aylmer
Chatham-Kent Community Health Centres	Chatham
Chatham-Kent Family Health Team	Chatham
South Huron Hospital	Exeter
Ilderton Medical Centre	Ilderton
Ingersoll Alexandra General Hospital	Ingersoll
Thames Valley Family Health Team	London
The Arthritis Society Office	London
The Arthritis Society Office	Owen Sound
Paisley and Area Health Clinic	Paisley
Community Care Access Centre Sarnia/Lambton	Sarnia
Sauble Family Health Team	Sauble Beach
St. Marys Memorial Hospital	St. Marys
Mobility Fit Physiotherapy—Location YMCA	St. Thomas
Stratford Family Health Team	Stratford
Strathroy Family Health Team	Strathroy
Tillsonburg District Hospital	Tillsonburg
Wallaceburg Family Health Team	Wallaceburg
West Elgin Community Health Centre	West Lorne
Woodstock & Area Community Health Centre	Woodstock
Woodstock General Hospital	Woodstock
Woodstock Medical Family Health Team	Woodstock

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Name	Location
Lang's Farm Community Health Centre	Cambridge
Shoppers Home Health	Cambridge
Mapleton-Minto Family Health Team	Drayton
Upper Grand Family Health Team	Elora
Upper Grand Family Health Team	Fergus
Dawson Road Family Medical Centre	Guelph
Guelph Community Health Centre	Guelph
Motion Plus Physiotherapy	Guelph
St. Joseph's Health Care Centre	Guelph
The Arthritis Society office	Kitchener
Mount Forest Family Health Team	Mount Forest
Woolwich Community Health Centre	St. Jacobs

When arthritis strikes, we show you how to fight back

The Arthritis Society 



Take the **Arthritis Self-Management Program**

Held over six weeks in weekly two-hour sessions, this course helps you build confidence and play a more active role in reducing the impact of arthritis on your life.

National Sponsor



Provincial Supporter



For further information and registration, call 1.800.321.1433, ext. 3363

ARTHRITIS  FIGHT IT!

www.arthritis.ca

Questions about arthritis? We can help.

ARTHRITIS INFORMATION LINE

We can provide you with information on:



- over 100 forms of arthritis
- our community arthritis programs and services
- upcoming events
- specially trained arthritis therapists
- our FREE Arthritis Registry

call: **1.800.321.1433**

email: info@on.arthritis.ca

visit: www.arthritis.ca

