

A Guide to Arthritis

An insight into living with
and caring for those
affected by
arthritis



Arthritis in Canada

Nearly 1 in 2 Canadian seniors over 65 have arthritis.

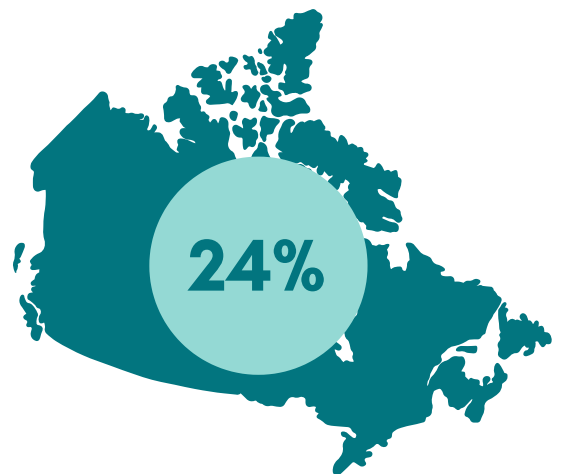


40% of Canadians living with arthritis suffer from debilitating pain

This pain limits their ability to participate in day-to-day activities.



By 2040, approximately 24% of Canadians will be diagnosed with some form of Arthritis.



NOT USING OUR SERVICES ALREADY ?

GET AFFORDABLE HIGH-QUALITY LIVE-IN CARE

We help you find and manage carefully screened and experienced professional live-in caregivers for your loved ones.

1-855-410-7971
WWW.CONSIDRACARE.COM

WHY USE US ?

- Affordable with no upfront costs or commitments
- Fully vetted caregivers
- Families choose who to hire
- Trial period
- Backup care
- Monthly check-ins to review and update the care plan
- Ongoing caregiver training
- We do payroll, taxes and WSIB
- State-of-the-art platform to guide caregivers and keep you connected with them



1. What is arthritis?

The term "arthritis" is used to describe a group of chronic diseases characterized by swelling, pain and/or inflammation in the joints or other areas of the body. The condition most often affects the hip, knee, spine or other weight-bearing joints, but can also be found in the fingers and other non-weight-bearing joints. Millions of people worldwide suffer from arthritis, with cases ranging from mild to completely debilitating. The condition can affect anyone of any age but is most common in those over the age of 65.

Currently, there are over 100 types of arthritis, including gout, psoriatic arthritis, childhood arthritis, and ankylosing spondylitis. The two most commonly diagnosed types of arthritis are rheumatoid arthritis and osteoarthritis.

Rheumatoid Arthritis

Rheumatoid arthritis is an autoimmune disorder that occurs when your immune system mistakenly attacks your own body's tissues. It primarily affects the lining of joints, causing extreme swelling and tenderness that can eventually result in bone erosion and joint deformity. In some cases, rheumatoid arthritis can damage other areas of the body including the skin, eyes, lungs, heart and blood vessels.

Osteoarthritis

Osteoarthritis, the most common type of arthritis, occurs when the protective cartilage that cushions the ends of the bones wears down. This wear-down is typically associated with age but can be a result of injury as well. Osteoarthritis most commonly affects the joints in the hands, knees, hips and spines of individuals. Although the symptoms are manageable, the effects of osteoarthritis are permanent.

Treatment and Therapies

Arthritis treatment focuses on reducing pain and preventing additional damage to the joints. Therapies range from heating and ice packs to the active use of mobility assistance devices. Medication, surgery and physical therapy are the most common treatments for arthritis, and often yield the most promising results in terms of efficacy and longevity. However, the type of treatment chosen is dependant on the needs and comfortability of the affected loved one and can be altered accordingly.

What are the early warning signs of arthritis?

Early Warning Signs

There are several, general symptoms that can be identified as early warning signs of arthritis, regardless of the type. These can include:

- Swelling, tenderness and pain in one or multiple joints
- Morning stiffness/tenderness in and around the affected joints lasting at least one hour
- Pain and stiffness that worsens with inactivity and improves with physical activity
- Reduced range of motion
- Fever, weight loss, fatigue and/or anemia

In addition to the general symptoms aforementioned, each type of arthritis has its own unique set of respective, early warning signs.

Gout

- Severe pain in one or more joints
- Feelings of heat and very tenderness in joints
- Swelling in and around the affected joint
- Red, shiny skin over the affected joint

Osteoarthritis

- Joint pain in the knees, lower back and hips that worsens with activity
- Swelling in and around affected joints
- Substantial reduction in flexibility
- Joint stiffness after sitting or laying down for long periods of time

Psoriatic Arthritis

- Noticeable changes in the appearance of fingernails and toenails such as pitting
- Swelling in joints typically focused around the lower back
- Inflammation in eyes, toes and fingers
- Reduced range of motion

Rheumatoid Arthritis

- Tenderness and pain in certain areas of your body
- A noticeable increase in fatigue weakness in certain areas of your body that weren't there before
- Increased pain in movement

2. What questions should you ask your doctor about arthritis?

If you have been diagnosed with arthritis, you will want to consult your primary care physician to better understand your prognosis. Consistent communication between affected individuals and medical professionals is imperative as it plays a key role in the development of a treatment plan. The following are some questions that you should ask your doctor after receiving an arthritis diagnosis:

Key Questions to Ask Your Doctor

- What type of Arthritis do I have?
- What are some symptoms I should expect to experience?
- Can you recommend any informative sources concerning my type of arthritis?
- Is my type of arthritis hereditary? Can I pass it to my offspring?
- Will I be able to exercise? What type of workout or physical activity should I avoid, and which do you recommend to help improve my condition?
- Do you know of any local support groups for my condition?
- How can I learn to manage my Arthritis on my own?
- What is the best course of treatment?
- What lifestyle changes do you recommend I pursue to help manage my Arthritis?
- Do I need medication? Are there ways I can manage my Arthritis pain without medication?



3. How can arthritis impact an individual?

The chronic nature of arthritis often undermines the lives of those affected by it. Symptoms typically vary from day-to-day. Loved ones never know how they are going to feel. The symptoms associated with arthritis and its unpredictable nature mean the condition can affect other aspects of one's life aside from physical. The following are ways in which arthritis can affect a loved one's social life and daily activities.

Daily Activities

The joint pain, tenderness and swelling associated with each type of arthritis can cause mobility issues ranging from moderate to severe. Loved ones may find it difficult to walk for long periods of time, climb stairs, cook and handle heavy/fragile objects. In some cases, they may also find it difficult to eat food or keep up with their hygiene because it requires too much mobility and or strength. Because of this, affected individuals may find it challenging to engaging in day-day activities such as cleaning the house or handling groceries. Many arthritis patients find it helpful to seek out assistance from caregivers to complete certain tasks and will engage in therapies that increase their mobility.

Social Life

Individuals with arthritis might also find it difficult to engage in social activities and gatherings because of their symptoms. For example, loved ones might find it too tiresome to travel to a restaurant, or may feel too weak to play sports with their family. Many adults with doctor-diagnosed arthritis report significant limitations in their ability to socialize. This decrease in socialization can lead to isolation which can eventually lead to serious mental health problems such as depression. Loved ones with arthritis may also experience difficulties in interpersonal relationships, as those without the condition might not fully understand how it can limit an individual

4. Learning to live with arthritis

While learning to live with arthritis can be challenging, it is not impossible. Here are some helpful tips on how to live and cope with an arthritis diagnosis:



1. Simplify your life

- Cut back on activities that are not absolutely necessary to help reserve energy
- Organization is crucial, and can ease any excessive strains on your life

2. Invest in adaptive aids

- Adaptive aids, such as spary-on cleaners for use in the bathroom and kitchen can help in the completion of daily tasks
- Installing grab bars and other mobility aids in your house can help as well

3. Find a support group

- Ask your doctor if there are any local/online support groups they recommend
- Staying connected with other with similar experience can help greatly

4. Seek out help

- If daily tasks become to difficult to complete, do not hesitate to ask for help
- Professional caregivers, family members, friends and other trusted individuals can be relied upon for assistance



5. Encourage healthy habits

Make sure the loved one is getting proper nutrition. You may need to cut their food into smaller portions. Provide them with simple utensils such as plastic knives and curved plates. Encourage exercise whenever possible, but make sure to respect your loved one's boundaries.

6. Stay positive

A positive attitude towards arthritis care can help create a safe, comfortable environment for you and your loved ones. Remember to stay patient and be a good listener - if you or your loved one feel frustrated, try and communicate your emotions in a cordial manner.



5. Caregiving and arthritis

If someone you love has been diagnosed with arthritis, they may require assistance in day-to-day activities. Here are some ways you can help your loved one cope with their arthritis. Keep in mind that the condition affects everyone differently, so care needs may vary.

1. Learn everything you can about their condition

Understanding the specific type of arthritis your loved one has been diagnosed with will help you better understand the symptoms they might experience and the challenges they might face. You can tailor your care approach accordingly.

2. Take initiative

Offer help whenever possible, and let your loved one know that you are prepared to offer assistance whenever needed. Sometimes, individuals with arthritis might feel hesitant to reach out and are forced to struggle on their own.



3. Help them seek out support

Support groups, mobility aids, transportation and cleaning services are all things included in the list of supports available for those with arthritis. Try your best to help guide your loved ones to seek out these supports in their community.

4. Focus on mental health

If you notice your loved one feeling down or isolated, do not hesitate to seek out help (i.e. general physician, therapist, support group). Try your best to provide emotional support, and encourage the affected individual to open up about their condition.

How can ConsidraCare help?

Chronic diseases can be a challenge, especially for seniors, but with proper care, it may be possible to maintain a healthy and happy lifestyle.

Our care experts can help you assess your needs and match you or your loved one with a screened, professional and dedicated live-in caregiver experienced in providing care for common chronic conditions. We also provide you, your family and your caregiver with tools and support to deliver an affordable and superior alternative to long-term care facilities.

Why is ConsidraCare's live-in home care a better alternative ?



Consistent, 1-on-1 personal care

Carefully screened and vetted caregivers matched with your loved one's care needs. Primary caregivers stay with the loved one at least 75% of the time.



Families stay in control

We recommend but the families choose who to hire, get a trial period and engage directly with caregivers through our smart platform.



Cost-effective, high-quality care

More affordable than hourly agencies and assisted living facilities, with faster caregiver placement and higher quality of care.



We have your back

We assist with hiring, planning of care and daily tasks, payroll, taxes, WSIB, backup care and more, and are always on hand to help.

Call us now for a free consultation from our dementia care experts

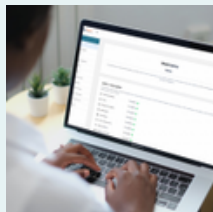
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wecare@considracare.com

www.considracare.com

How does ConsidraCare work?

ConsidraCare places dedicated live-in care professionals within the homes of seniors , and provides their families and caregivers with a state-of-the art- platform to improve collaboration, increase visibility and improve the delivery of care.



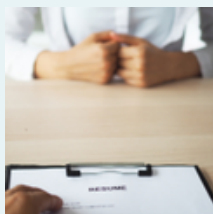
1. Needs assessment

We first work with families to identify their care needs and build a detailed care plan for the loved ones.



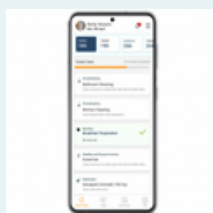
2. Caregiver matching

We match live-in caregivers from our pool of pre-screened caregivers with the loved ones' specific needs and personality, and arrange the interviews with the caregivers short-listed by families.



3. Hiring and trial period

We assist with the logistics of hiring and orienting the caregiver and setting up accounts for CRA, WSIB and payroll processing. The first week is a trial period to allow the families and caregivers to get comfortable with each other.



4. Ongoing care management

Families and caregivers use the ConsidraCare platform to coordinate care planning, daily tasks and timesheets. We take care of payroll, updating care plans, monitoring care delivery and assisting the caregivers and families with addressing any issues.



5. Backup and respite for the caregiver

Every few weeks, we arrange for a back-up caregiver to give the primary caregiver a respite break. Backup caregivers can also be provided to cover the primary caregivers when they take vacation.

Call us and we would be happy to help with your care needs

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