

An Information Booklet

YOUR HOME AND ARTHRITIS



Committed to curing arthritis

YOUR HOME AND ARTHRITIS

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Who is this booklet for?

This booklet is for people who have any kind of arthritis or rheumatic disease and who wish to find out what equipment and adaptations might help overcome problems with everyday activities at home. These problems may include:

- getting up from a chair or out of the bath
- getting dressed, shaving or putting on make-up
- doing jobs in the kitchen, workshop or garage
- shopping and housework.

(For gardening activities see **arc** booklet 'Gardening and Arthritis'.)

What problems does arthritis cause?

People with arthritis often find that pain, stiffness and fatigue cause problems when getting around at home. They feel frustrated at the time it takes to do everyday jobs or at having to ask for help. Opening a jar or using a screwdriver can be difficult when hands are painful. Easy chairs may be too low to get up from when knees or hips ache and it can be difficult to reach into a cupboard if shoulders are stiff. Doing the housework can become exhausting and the vacuum cleaner may feel too heavy to carry upstairs. Simple DIY jobs around the home or workshop can become difficult.

What can I do to help myself?

Many people find easier ways of doing things. They choose household furniture, machines and utensils with better design which makes them easier to use and lessens pain and fatigue. This booklet describes ways to adapt the home, reorganise household jobs and take a

more critical look at product design when shopping for furniture or household appliances and utensils.

Where can I find products which will help me?

Many of the useful products are widely available in:

- supermarkets
- hardware, household and DIY stores
- cookshops
- chemists (ask for their 'Home Health' catalogue).

There are also specialist shops for equipment such as wheelchairs and walking aids, stairlifts, bath seats and adapted cutlery.

It is advisable to shop around as there are wide variations in the prices. It is also best to try out equipment before buying it to ensure it is right for you. If this cannot be done in a shop, there are demonstration centres where items can be tried out and expert advice given. These include:

- Disabled Living Centres
- Social Services centres
- hospital Occupational Therapy departments.

See the section 'Useful addresses' at the back of the booklet for more information.

How can I adapt my home?

Few people have a perfect home, but minor changes can make life easier and safer for you. For example:

To avoid trips and falls:

- Remove loose mats.
- Have well-lit stairs, hall and landing.
- Have enough space to get between your furniture.

- Fix a second banister on the stairs and a grab rail by the doorstep.

To avoid bending down:

- Attach a basket to the inside of your letter box (see Figure 1).
- Raise electrical sockets higher up the wall.

To make switches, dials and plugs easier to grip:

- Light switches are easier to use if they are the large rocker-type, pull-cord or touch-operated type.
- Central heating rarely needs to be adjusted and is less effort than an open fire.
- Electric or gas fires are easier to turn on if the control knob is located at the top.
- If you have difficulty turning dials or knobs, a contour grip will help (see Figure 2).
- Handiplugs and stick-on plug grips can make plugs easier to take out of sockets (see Figure 3).

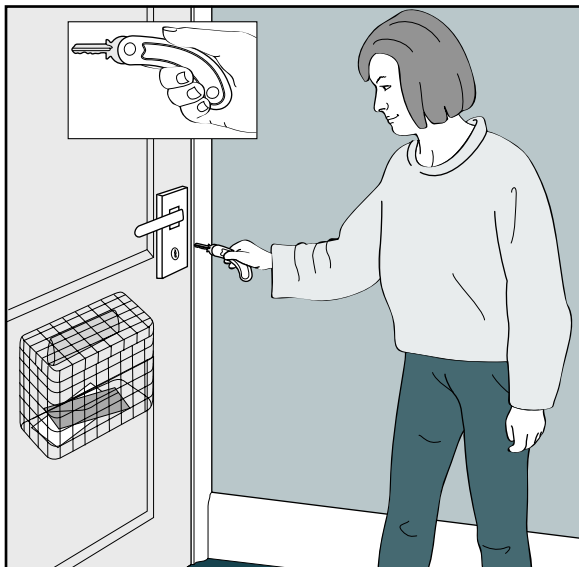


Figure 1. Front door with lever handle (easier to use than a round doorknob), a wire basket to catch letters and a key turner

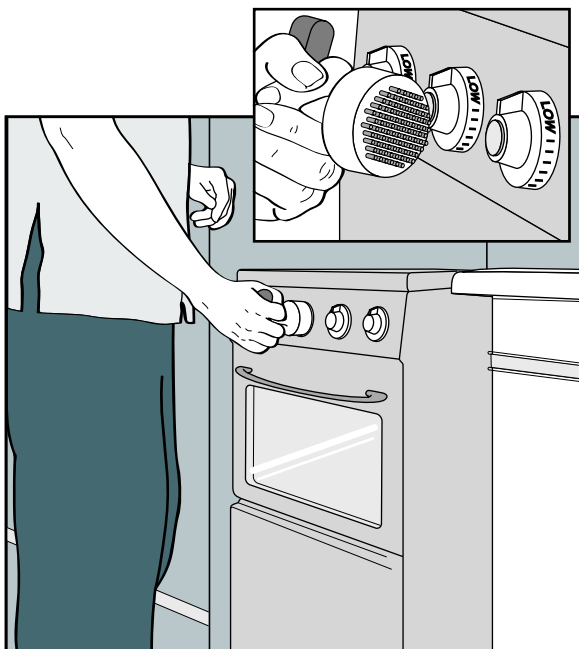


Figure 2. A contour grip can turn knobs or dials on a cooker, gas fire or washing machine.

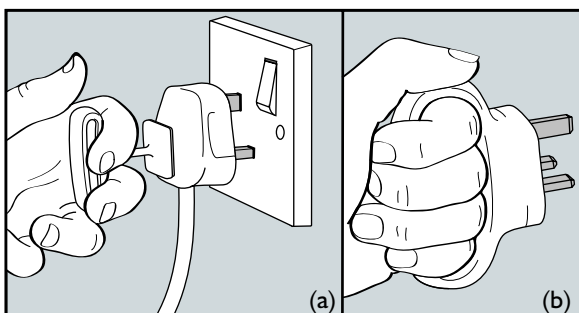


Figure 3. (a) Stick-on plug grip, (b) handiplug

To make using the TV and phone easier:

Remote controls have made operating the TV, video and music system easier. There are many styles of phones; choose one which suits your needs. For example:

- Some phones have a ‘hands-free’ option which enables you to use the phone without having to keep the receiver pressed to your ear.
- A cordless phone is easy to grip and handy to keep by you. It will save you getting up when you are relaxing and will allow you to call help in an emergency – for example, should you have difficulty getting out of the bath.
- A phone-alarm system has an alarm button which can be kept in a pocket, hung around the neck or pinned to clothing. When the button is pressed it activates the phone to call for help. Many councils operate a phone-alarm system for which you pay a small rental.
- Mobile phones give you peace of mind when you are out and about.

What can I do if I have difficulty reaching things?

Arthritis causes restricted movement in joints – such as shoulders, back and hips – which can make reaching for things difficult. Long-handled gadgets to assist with washing and dressing are discussed later in this booklet. Try reorganising storage in drawers and cupboards to make it easier to reach the things you need most often. A reaching stick, or ‘Helping Hand’, enables you to pick things up from the floor without reaching down (see Figure 4).

What about getting out of a chair?

If you have stiff and painful joints, particularly in your back, hips or knees, you may find it difficult to get up from a low armchair. It can help in the short term to



Figure 4. A reaching stick makes picking things up easier.

raise the height of your seat using an extra cushion. An armchair raiser unit is a series of four interlinked blocks which fit under the chair legs to raise the height of the chair (see Figure 5) – or you may prefer to sit on your dining chair or plastic garden chair.

When you buy an easy chair consider the following:

- Is it high enough? Can you get up from it easily?
- When seated, are your feet flat on the floor?
- Does it have comfortable arm and back rests to fully support you?

You may wish to consider an electrically operated riser-recliner chair which will eliminate all effort on your

part. It also allows you to relax fully while seated (see Figure 6).

For more information on choosing chairs see the **arc** booklet 'Are You Sitting Comfortably?'.

What about reading and writing?

Gripping things tightly for a long time, such as a book or pen, can make hands and wrists painful (see **arc** booklet 'Looking After Your Joints When You Have Rheumatoid Arthritis'). Look for pens which have a chunky or 'sticky' grip which is easy to hold. Rest your book or newspaper in your lap or on the table to avoid straining your fingers. Many people with arthritis find that resting their book on a beanbag or book-rest is helpful.

What about using my computer?

Sitting for a long time and adopting a bad posture will

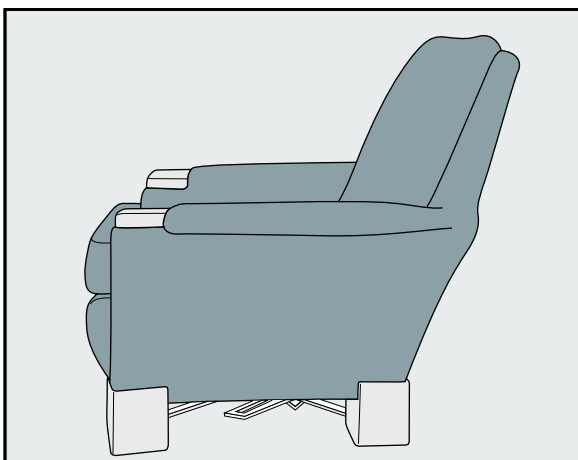
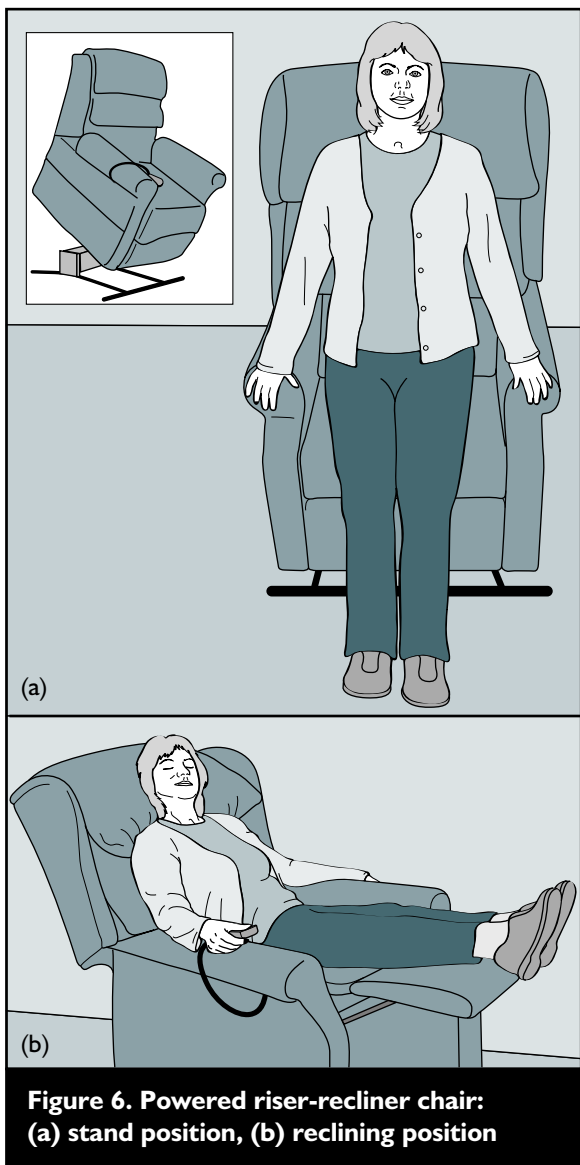


Figure 5. Armchair raiser unit



make aches and pains worse. The following tips may help:

- Take frequent breaks and change your position often.
- Sit squarely facing the computer, with your back and arms supported.



Figure 7. Sit at a desk or table of the right height with your chair correctly adjusted.

- Find a table and chair which enable you to sit comfortably (see Figure 7).
- Wear wrist splints for support, or try resting your wrists on a sponge bar in front of the keyboard.
- Be aware that using bifocal glasses at the computer can force you to tilt your head back and cause neck strain.
- Voice-activated software can be easier to use than a mouse and keyboard if your hands are painful.

What can I do to make life easier in the kitchen?

Many of us dream of our ideal kitchen! If you have decided to have your kitchen redesigned, or to adapt another part of your home, or if you are moving to a completely new place, seek advice from the Disabled Living Foundation, from the Disabled Living Centre in your area, or from your occupational therapist. You will receive professional advice and be able to see, and try out, some helpful equipment.

Most people, however, will adapt and improve their present kitchen.

Choosing kitchen equipment

When buying a cooker, microwave, washing machine, dishwasher, fridge-freezer, coffee machine or kettle, shop around to make sure the equipment you are buying is easy to use and maintain.

Ask yourself the following questions when choosing kitchen equipment.

- Are the control knobs easy to reach, grip and turn, push or pull?
- Is it the right height for you to work at or reach into?
- Can you open the doors or remove the lid?
- Will you be able to clean and maintain it easily?

Consider the ways some equipment can save you considerable time and effort.

- **Microwave cooker** Cooking with a microwave is often quicker and the dishes used are lighter than traditional saucepans. Some combine an oven and grill. If situated on a work surface they can often be easier to reach into than a conventional cooker oven. A microwave can be used for more complex cooking as well as defrosting and re-heating food.
- **Dishwasher** Dishwashers are available in different sizes to suit your household. When buying new kitchenware, check it is dishwasher-proof and cut down even further on your washing-up.
- **Fridge-freezer** You can choose between different sizes and whether to have the fridge or the freezer compartment at the top. The freezer compartment usually has pull-out drawers which, if not over-filled, are easier to use than a chest-type freezer.
- **Electric jug kettle** This is generally easier to grip and pour from than the traditional kettle. Designs

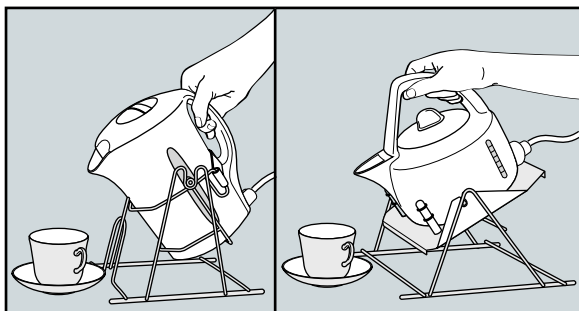


Figure 8. Kettle tippers

vary, and some pour more easily than others. The cordless design is easier to use. However, if you wish to use a kettle tipper you will need a corded kettle (see Figure 8). A useful tip is to bring water to the kettle in a lightweight plastic jug to avoid having to unplug or move the kettle.

Work surfaces and cupboards

Find the work surface in your kitchen at which you are most comfortable and avoid standing for long periods. You may find it helpful to sit at the kitchen table or perch on a high stool.

If your work surfaces are on the same level and with no gaps in between, you will be able to slide pans and groceries along them to avoid lifting.

People with arthritis often find it difficult to reach into very low or high cupboards, particularly if they are cluttered or stacked several layers deep. You may find the following helpful:

- Rearrange how you store things and remove items no longer in use.
- Store frequently-used items within easy reach on the work surface or at the front of cupboards at a convenient height.
- Move wall-mounted cupboards to a lower position.
- Fit large handles or sliding doors.

- Have shelves which slide or rotate out when you open the door.
- Have drawers mounted on rollers which run more easily.

Preparing food

Cutting, cleaning, peeling, grating or mixing food can be hard if you find it difficult to grip things. Other common problems are opening tins, jars and bottles, lifting saucepans, and carrying food from the kitchen to the room where you eat.

Ready-made meals, stored in the freezer, can be re-heated in the microwave. Supermarkets sell ready-prepared food such as chopped vegetables, grated cheese and roasted potatoes. Even if you prefer to prepare and cook your own meal, having a few pre-prepared ingredients and ready-made meals in the freezer means you can avoid struggling on days when your arthritis is particularly troublesome.

Figure 9 shows some ideas for gadgets which can help with mixing, peeling, grating and chopping food.

Opening bottles, jars, tins and packets

There are many gadgets on the market, so try them out before buying to find the most suitable (see Figure 10).

Cooking and serving

Using a microwave is often the quickest and easiest way to cook food. However, if you are using a conventional cooker the following will help you to reduce the strain on painful hands and wrists:

- a lightweight, two-handled saucepan
- a vegetable steamer (lighter than a saucepan, as less water is required)
- a slotted spoon to remove boiled vegetables from the saucepan

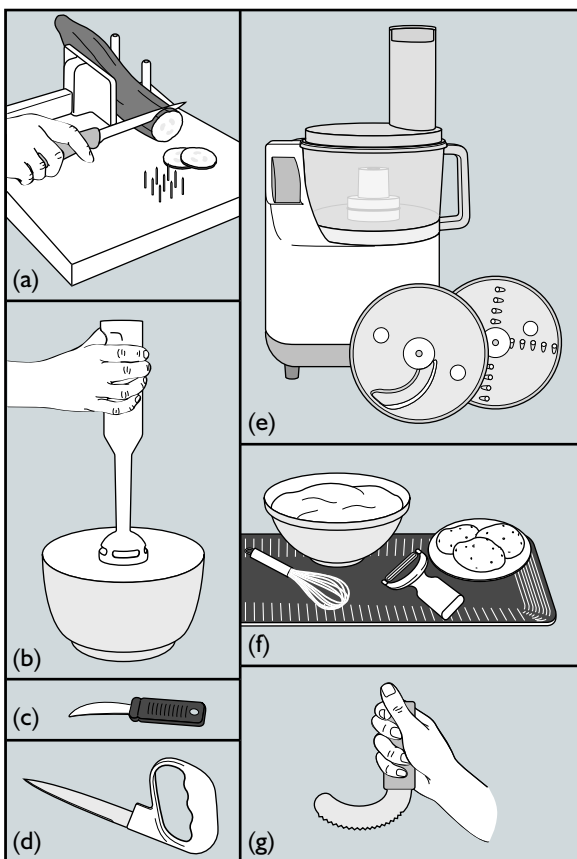


Figure 9. These gadgets can help if you have swollen or painful wrists or fingers: (a) spike board to hold vegetables, (b) hand-held electric blender, (c) 'Good Grips' knife with chunky handle, (d) ergonomic knife, (e) food processor for chopping, grating and mixing, (f) 'Dycem' non-slip mat and wide-handled potato peeler, (g) rocker knife.

- a wire chip basket, placed in the saucepan (this lifts out when vegetables are cooked, leaving the water behind – see Figure 11)
- a colander, placed in the sink to drain the vegetables (the saucepan is placed on the draining board and tilted to allow the contents to fall into the colander)

- a flat-bottomed ladle to remove soups and stews from the saucepan.

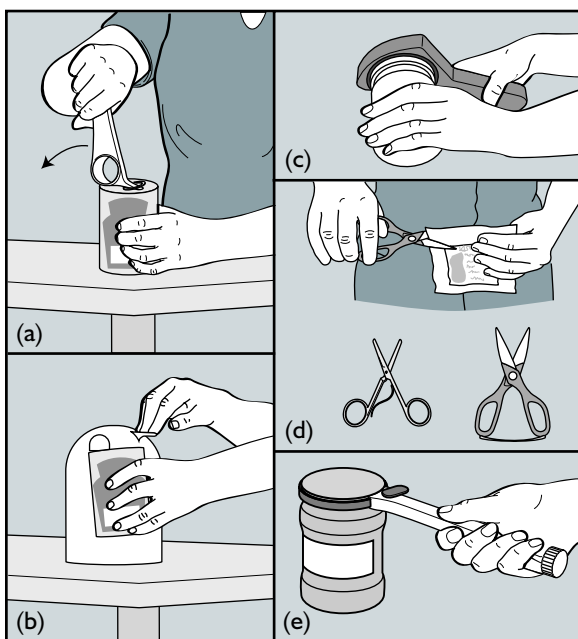


Figure 10. These items can help with opening cans, tins, packets and jars: (a) ring-pull can opener, (b) electric tin-opener, (c) 'Good Grips' jar-opener, (d) spring-loaded scissors which self-open, (e) bottle- and jar-opener.

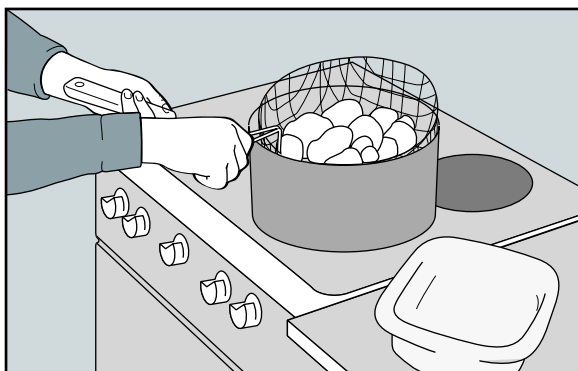


Figure 11. Use a wire chip basket to strain hot food.

A serving trolley can be useful for moving food from the cooker to the table, and can double as a walking aid (see Figure 12).

At the kitchen sink

Lever taps are the easiest to use; you can buy these, or fit tap turners onto existing taps (see Figure 13).

To avoid stooping while washing up, raise your washing-up bowl by putting it on blocks or another upturned bowl in the sink (if the tap height allows). Wringing out dishcloths can be painful for hands. Experiment using different types of sponges, which you can squeeze out with the heel of your hand.

Eating and drinking

You may find padding the handles of cutlery helpful if your fingers do not bend easily. There is also a wide range of specialist cutlery available (see Figure 14). Use lightweight crockery and cups with large handles

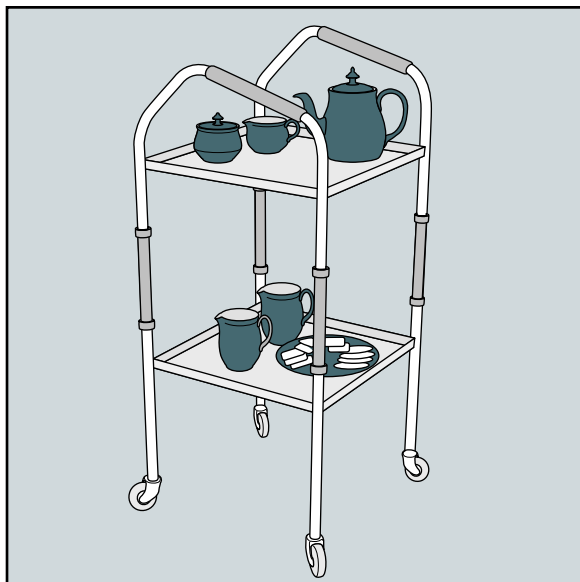
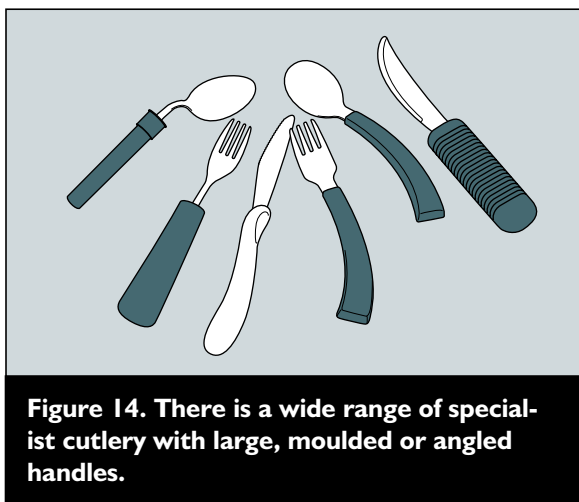
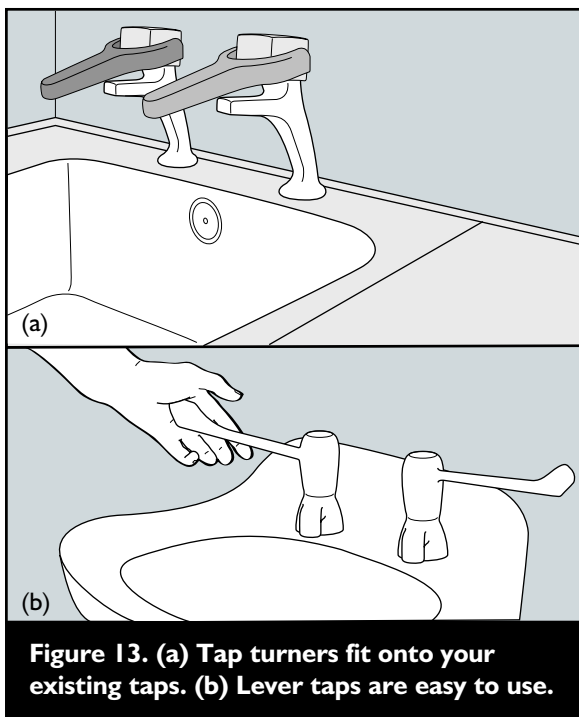


Figure 12. A serving trolley can be useful.



which can be gripped with several fingers. Insulated or pedestal mugs can be held with both hands because you can support them underneath without burning yourself (see Figure 15).



Figure 15. Insulated or pedestal mugs can be easier to carry.

Can I make jobs easier in the workshop and garage?

To organise storage in your workshop, potting shed or garage, use the same ideas as suggested for the kitchen. Worktops should be at a comfortable height and you should sit or 'perch' to work. Pad the handles of tools to make them easier to grip, and buy lightweight, power-assisted tools such as drills or screwdrivers. (See Figure 16.)

What can I do to make housework easier?

Plan to do small amounts of housework often rather than doing it all in one go. Pace yourself, taking regular breaks, to avoid making joints painful. You may find your energy lasts longer if you organise tasks to cut down on too many trips upstairs. Wearing wrist splints while polishing and sweeping can ease pain (see **arc** booklet 'Looking After Your Joints When You Have Rheumatoid Arthritis'). Using a long-handled dustpan and brush will mean less bending down (see Figure 17).



Figure 16. In the workshop or garage:

(a) Use a perching stool and keep tools within easy reach. Use lightweight power tools and wear a wrist splint for extra support. (b) This jar-opener can also be used to loosen a car oil-filter or hose-connector among other things.



Figure 17. You may find a lightweight vacuum cleaner or long-handled dustpan and brush helpful.

Making beds

The main problem when making a bed is shifting the weight of the mattress. This can make tucking in bedclothes painful and difficult. You may find it helpful to have a lightweight mattress with fitted sheets and duvet. These need little alteration between linen changes once they are in place.

Washing, drying and ironing clothes

When buying clothes, look for fabrics which are light-weight and don't need ironing. You may find it easier to do half-loads when washing. A reaching gadget may help to get the clothes out of the machine, and raising a clothes basket on a block or box will make it easier to pick up (see Figure 18). Tumble-drying clothes avoids the need to hang them out and cuts down on ironing. For the ironing you *do* need to do, it will help to sit down to iron (see Figure 19).

How can I wash myself more easily?

Just as in the kitchen, you will find lever taps easier to use on the handbasin and bath. Liquid soap in a push-button dispenser can also be useful. Figure 20 shows some other helpful things to assist you to grip and reach:

- long-handled sponge
- long-handled hairbrush
- long flannel strap with hand rings
- long-handled toe-wipe
- long-handled make-up sponge (see below).

Drying yourself can be difficult if your shoulders and elbows are stiff and painful. A thick towelling dressing gown put on straight from the shower or bath is much easier than struggling to dry yourself with a bath towel.

Reaching up to shave or put on make-up often makes arms and shoulders ache. Resting your elbow on a table or shelf at the appropriate height will rest your arm and reduce aching. You may also find some of the following helpful:

- lightweight electric razor
- electric toothbrush

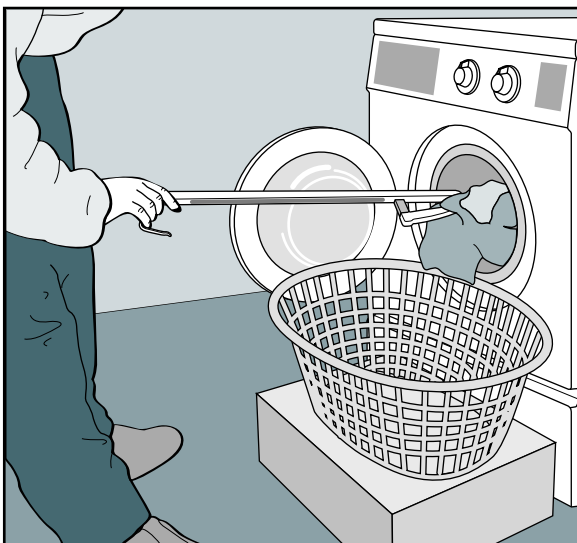


Figure 18. A reaching stick can be used to get washing out of the machine. Raise the basket off the floor to make it easier to pick up.

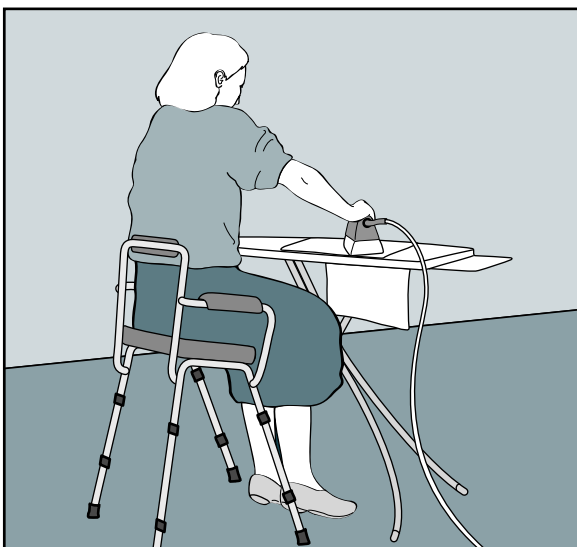


Figure 19. Choose a lightweight iron and sit down to work. Avoid becoming overtired by ironing only a few clothes at a time.

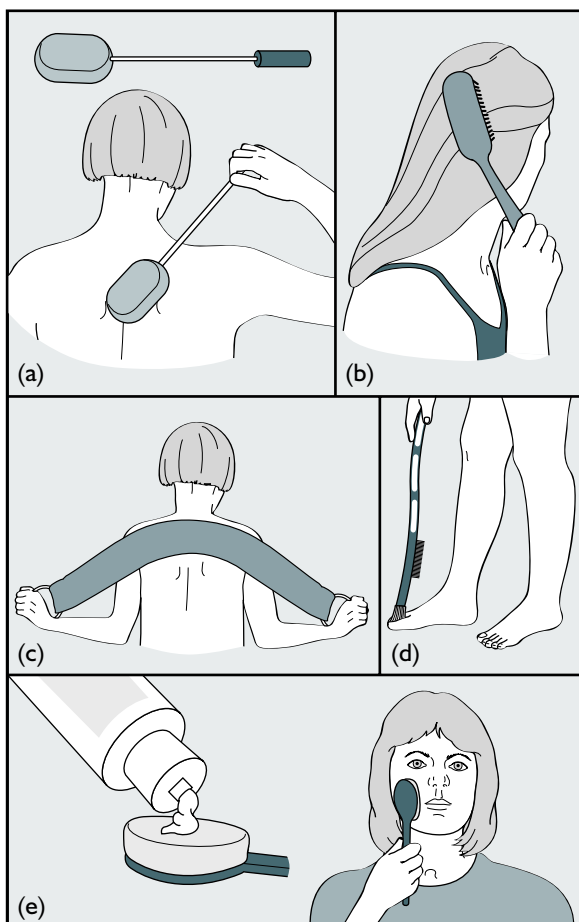


Figure 20. An assortment of bathing and grooming gadgets: (a) long-handled sponge, (b) long-handled hair brush, (c) long flannel strap with hand rings, (d) long-handled toe-wipe, (e) long-handled make-up sponge

- choosing eyeliner pencils and mascara with chunky grips – or try ‘fattening’ the grip by wrapping an elastic band around it
- using a small make-up sponge to apply face cream if you find it difficult to do with your fingertips. This can be mounted on a long handle to improve reach. (See Figure 20(e).)

Is there anything to help me get out of the bath?

Getting in and out of a bath can be extremely difficult, particularly if you have a painful back, hips or knees. It is not advisable for someone to lift you in and out, as it could easily injure his or her back.

You may find a non-slip mat in the bath useful to give you more grip. The following aids may also help you (see Figure 21):

- grab rail
- bath board and seat
- powered bath seat lift.

Another possible option is a special walk-in bath, but installing one of these will be expensive.

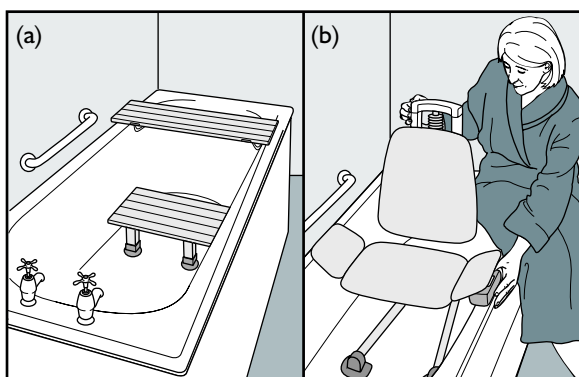


Figure 21. (a) A bath board and seat or (b) a powered bath seat lift may help if you have difficulty getting in and out of the bath.

Taking a shower

Many people find it easier to take a shower. A grab rail and seat will help you to shower comfortably and safely. If your shower is over the bath you may find it safer to



Figure 22. A walk-in shower with a fold-down seat can be helpful if your mobility is very restricted.

sit on a bath board (a slatted board placed across the top of the bath – see Figure 21(a)). There are large-size, level-access showers for people whose mobility is more severely restricted and these are often cheaper to install than a walk-in bath (see Figure 22).

Using the toilet

If your shoulders, hips and knees are stiff or painful, getting up from the toilet and reaching to clean yourself can be difficult. The following equipment can help:

- grab rail beside the toilet
- raised toilet seat (see Figure 23)
- frame surrounding the toilet to push up from (see Figure 23)
- bottom-wiping gadget (see Figure 24)
- portable bidet which fits onto a standard toilet pan
- automatic-flushing toilet which incorporates a bidet which washes and dries you.



Figure 23. A raised toilet seat and frame around the toilet can give additional assistance when standing up.

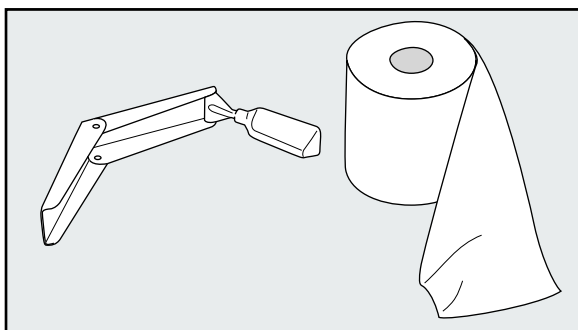


Figure 24. 'Bottom wiper'

You can get advice on bathroom equipment from Disabled Living Centres, occupational therapists or specialist shops.

Are there gadgets to help me dress?

With rheumatoid arthritis, joints are often stiff and aching first thing in the morning. This can make dressing time-consuming and tiring.

It is usually easiest to sit down to dress. Choose loose-fitting clothes with simple fastenings, clip-on ties and front-fastening bras. These can all help, especially on days when the pain is worse. An alternative to tights are full- or half-length ‘stay-up’ stockings with elastic tops to hold them up. Clothing can be adapted by replacing some fastenings with Velcro. Try placing a keyring or tag on a zip to hook your finger through. There are a wide variety of gadgets designed to help:

- dressing stick
- buttonhook for fastening buttons
- long-handled shoehorn
- sock aid.

The **dressing stick** in Figure 25 has a hook at one end and a rubber thimble at the other. The hook allows you to pull pants and trousers over your feet, and you can push shirts off shoulders and socks over heels with the rubber end.

The **sock aid** in Figure 26 holds the sock open with a thin plastic gutter and you pull it up your leg using the long tapes. There is a similar gadget with a double gutter for putting on tights, but this can be awkward to use. There are also more rigid sock aids designed for putting on surgical stockings.



Figure 25. Dressing stick

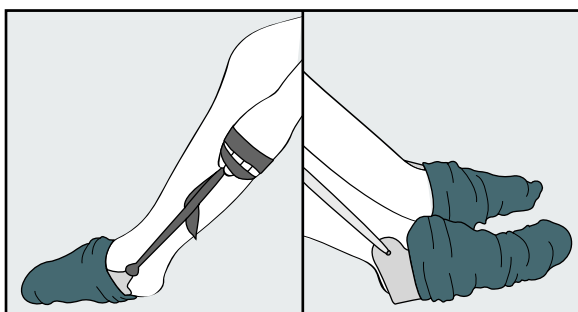


Figure 26. Sock aid

Slip-on shoes are the easiest to put on; however, lace-ups allow you to loosen them when feet swell. Some people find Velcro fastenings or elastic laces helpful. You will find more information on shoes and insoles in the **arc** booklet 'Feet, Footwear and Arthritis'.

What can I do to make shopping easier?

People with arthritis often find shopping is difficult and tiring. Many have found ways round this problem, for example:

- Friends or neighbours may be able to shop for you.
- Social Services may arrange for someone to help.

- You can shop by phone or internet with home delivery, or by using mail-order catalogues.

What if I want to do the shopping?

Try some of the following suggestions:

- Plan to shop on a day when you don't have other things to do so you don't become too tired.
- Don't attempt to carry too much in one go.
- Plastic bags with firm handle-grip inserts are easier to carry (you can buy these at some supermarkets).
- Take someone with you to help.
- Ask for help at the supermarket.
- For short trips on foot, consider using a shopping basket on wheels (see Figure 27).

Many large stores provide wheelchairs for customers' use, and town councils run Shopmobility schemes where you can hire wheelchairs and scooters.



Figure 27. Wheeled shopping-basket with seat

How can Social Services help?

Social Services departments have Disability Teams with occupational therapists. They visit people at home to assess their needs, and to provide advice on specialist equipment and adaptations and, where possible, arrange for their provision (see **arc** leaflet ‘Occupational Therapy and Arthritis’). The occupational therapist may advise on what grants are available. Eligibility for equipment and grants varies between areas and for different individuals depending on their means. You may be able to have some of the equipment mentioned in this booklet on loan from your local Social Services or hospital.

The Social Services may also be able to arrange for you to have help with personal care and advise you on local schemes that offer help with housework and shopping.

Details of your local Social Services department will be listed in the telephone directory under the name of the local council, usually under the subheading ‘Social Services’. Alternatively a local library should be able to give you the number or address.

Voluntary organisations

The British Red Cross runs an equipment loan service for wheelchairs and other specialist equipment, and Age Concern helps with shopping and housework in some areas. These and other voluntary organisations which can help are listed in the ‘Useful addresses’ section. You may also find others in the phone book – or ask your Social Services or Citizens Advice Bureau.

Useful addresses

For specialist equipment shops and suppliers refer to the Yellow Pages under 'Disability' or 'Disabled'.

The Arthritis Research Campaign (arc)

PO Box 177
Chesterfield
Derbyshire S41 7TQ
Phone: 0870 850 5000
www.arc.org.uk

As well as funding research, we produce a range of free information booklets and leaflets. Please contact the address above for a list of titles.

Arthritis Care

18 Stephenson Way
London NW1 2HD
Phone: 020 7380 6500
Helplines: 020 7380 6555 (10am–4pm Mon–Fri)
or freephone: 0808 800 4050 (12pm–4pm Mon–Fri)
www.arthritiscare.org.uk

Offers self-help support, a helpline service (on both numbers above), and a range of leaflets on arthritis.

Age Concern England

Astral House
1268 London Road
London SW16 4ER
Phone: 0800 009966
www.ace.org.uk

British Red Cross

UK Office
9 Grosvenor Crescent
London SW1X 7EJ
Phone: 020 7235 5454
www.redcross.org.uk

Citizens Advice Bureau (CAB)

Can provide advice on benefits and help with filling in application forms. To find your local office, see the telephone directory under 'Citizens Advice Bureau' or the Yellow Pages under 'Counselling and Advice', or contact the National Association of Citizens Advice Bureaux:

Phone: 020 7833 2181

www.nacab.org.uk

Dial UK (Disability Information & Advice Line)

St Catherine's

Tickhill Road

Doncaster

S Yorks DN4 8QN

Phone: 01302 310123

www.dialuk.org.uk

Disabled Living Centres Council (DLCC)

Redbank House

4 St Chad's Street

Cheetham

Manchester M8 8QA

Phone: 0161 834 1044

www.dlcc.org.uk

Contact the DLCC for details of your nearest Disabled Living Centre(s). A full list of addresses is available on the DLCC website.

Disabled Living Foundation (DLF)

380–384 Harrow Road

London W9 2HU

Phone: 020 7289 6111

Helpline: 0845 130 9177 (10am–1pm Mon–Fri)

www.dlf.org.uk

nras (National Rheumatoid Arthritis Society)

Briarwood House
11 College Avenue
Maidenhead SL6 6AR
Phone: 01628 670606
www.rheumatoid.org.uk

A national charity which focuses specifically on rheumatoid arthritis.

RADAR (Royal Association for Disability & Rehabilitation)

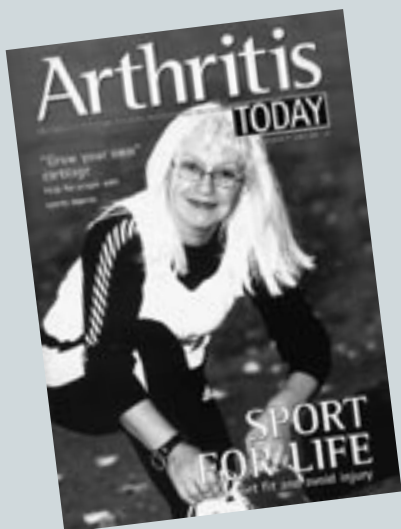
12 City Forum
250 City Road
London EC1V 8AF
Phone: 020 7250 3222
www.radar.org.uk

Ricability (research and information for older people and people with disabilities)

30 Angel Gate
City Road
London EC1V 2PT
Phone: 020 7427 2460
Textphone: 020 7427 2469
www.ricability.org.uk

A national charity which carries out independent research to produce free consumer guides for disabled and older people. Contact the address above for details, or view the guides online.

Arthritis Research Campaign



The Arthritis Research Campaign (**arc**) is the only major UK charity funding research in universities, hospitals and medical schools to investigate the cause and cure of arthritis and other rheumatic diseases. We also produce a comprehensive range of over 80 free information booklets and leaflets covering different types of arthritis and offering practical advice to help in everyday life.

arc receives no government or NHS grants and relies entirely on its own fundraising efforts and the generosity of the public to support its research and education programmes.

Arthritis Today is the quarterly magazine of **arc**. This will keep you informed of the latest treatments and self-help techniques, with articles on research, human interest stories and fundraising news. If you would like to find out how you can receive this magazine regularly, please write to: Arthritis Research Campaign, Ref AT, PO Box 177, Chesterfield S41 7TQ.

How we raise our funds

We constantly need to raise money by our own efforts to fund our work.

As well as a head office fundraising team we have an extensive network of regional staff, volunteer fund-raising groups and charity shops throughout the UK.



Photo courtesy of the Eastbourne Gazette

Where our money goes

Every year, we raise approximately £24 million to fund around 350 research projects across the whole of the UK.

In addition, **arc** funds the Kennedy Institute of Rheumatology in central London, at a cost of £3.1 million per year. We also set up the Arthritis Research Campaign

Epidemiology Unit in Manchester, currently funded at £1.6 million a year, which collates data on arthritis and its cost to the community.



Please add any comments on how this booklet could be improved.

Feedback is very valuable to **arc**. However, due to the volume of correspondence received, we regret that we cannot respond to individual enquiries made on this form.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

**Please return this form to: Arthritis Research
Campaign, PO Box 177, Chesterfield S41 7TQ**

The Arthritis Research Campaign was formerly known as the Arthritis and Rheumatism Council for Research. Registered Charity No. 207711.



A team of people contributed to this booklet. The original text was written by allied health professionals with expertise in the subject. It was assessed at draft stage by doctors, allied health professionals, an education specialist and people with arthritis. A non-medical editor rewrote the text to make it easy to understand and an **arc** medical editor is responsible for the content overall.



Arthritis Research Campaign
Copeman House, St Mary's Court, St Mary's Gate
Chesterfield, Derbyshire S41 7TD

Registered Charity No. 207711