**Resource Inventory for People living with Osteoarthritis**

**Supporting Tool #3**

| **Education and Self-Management Classes – Community Name** | | | |
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| **GLA:D®**  (Good Life with osteoArthritis from Denmark – adapted for Canada) | Group education and exercise classes for people with the diagnosis of hip and/or knee osteoarthritis. Data supports this as an effective way to manage osteoarthritis.  Fees may apply | Additional details | For locations: [www.gladcanada.ca](http://www.gladcanada.ca)  Or  [www.ahs.ca/glad](http://www.ahs.ca/glad) |
| AHS Alberta Healthy Living Program:  **Better Choices, Better Health®**  **Chronic Disease Management Workshop** | No cost associated with programs.  2 ½ hours each: 6 continuous weeks in duration | Additional details | Locations:  How to register: |
|  |  |  |  |

| **Land Based Exercise – Community Name** | | | |
| --- | --- | --- | --- |
| **GLA:D**  “Good Life with osteoArthritis from Denmark – as adapted for Canada” | Group education and exercise classes for people with the diagnosis of hip and/or knee osteoarthritis. Data supports this as an effective way to manage osteoarthritis.  Fees may apply | Additional details | For locations: [www.gladcanada.ca](http://www.gladcanada.ca) |
| **Alberta Healthy Living Program – AHS**  Supported exercise program | Supervised Exercise - Learn how to self-monitor and stay safe while exercising. Improve your cardiovascular endurance, muscular strength, and flexibility with our 12 week program.  No cost associated with program | Additional details |  |
| **Glen Sather Exercises for Arthritis** | Comprehensive Osteoarthritis Management Education and Treatment (COMET) Exercises for Arthritis   * Online videos with instructions * Progression of exercises from introductory level to more advanced levels by video * Appropriate for all ability levels | <https://www.ualberta.ca/glen-sather-clinic/patient-resources/exercises-for-arthritis>  Search key words: **Glen Sather Exercises** | |
| Walking |  |  |  |
| Tai Chi |  |  |  |
| Cross Country Skiing |  |  |  |
| Yoga |  |  |  |

| **Water Based Exercise – Community Name** | | | |
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| **Aqua Deep** |  |  |  |
| **Aqua Shallow** |  |  |  |
| **Aqua Jogging** |  |  |  |

| **Weight Management – Community Name** | | | |
| --- | --- | --- | --- |
| **AHS Alberta Healthy Living Program**  Health Education | Choose individual classes  No cost associated with program |  |  |

| **Joint Protection – Community Name** | | | |
| --- | --- | --- | --- |
| **Check for AHS Community Rehab** |  |  | |
| **Orthotist Consultation**  Fees associated with this consult | <http://www.albertaoandp.com/>  Bracing systems – knee, ankle, foot  Foot orthotics/wedges  Specialty footwear options | Link to find an orthotist in Alberta and information on what to expect at an appointment.  Physician referral most often required for third party insurance coverage: check with your provider |  |

| **Walking Aides – Community Name** | | | |
| --- | --- | --- | --- |
| **Check for PT/OT services in community** |  |  |  |
| Using a cane | <https://myhealth.alberta.ca/Alberta/Pages/how-to-use-cane.aspx>  This link shares information on how to use a cane. |  |  |
| Purchasing a cane | If you are AADL eligible:  <http://www.health.alberta.ca/services/AADL-approved-vendors.html>  If you are NOT AADL eligible:  Any medical supply store will have canes for purchase. | You must be assessed and authorized for AADL benefits first. AADL cannot refund clients who purchase their own medical equipment and supplies before being assessed and authorized for the equipment and supplies.  Your authorizer will provide you with a list of at least 3 vendors, or you may choose your own from the list of approved vendors |  |

| **Pain Management – Community Name** | | | |
| --- | --- | --- | --- |
| Alberta Healthy Living Program:  **Better Choices, Better Health® - Chronic Disease Self-Management Workshop**  Or  **Better Choices, Better Health® - Chronic Pain** | No cost associated with programs.  2 ½ hours each: 6 continuous weeks in duration | Topics include:   * Solving problems and setting goals * Handling pain and fatigue * Managing medication * Dealing with difficult emotions * Eating healthy and increasing physical activity * Communicating with healthcare providers |  |
| **Community Mental Health Resources**  Alberta Health Services | Assessment and treatment will include learning about your past history, present situation, and identifying your goals. The counsellor will talk with you about the different treatment options, including counselling to help you reach your goals. Your counsellor will help you choose goals and strategies, make suggestions, and review your progress with you. |  | * For **immediate help** call: 911 * For information on the closest addiction and mental health clinic call: Health Link [811](tel:811) |
| **Physical Therapy** |  |  |  |
| **PCN/Family Physician** |  |  |  |
| **Check for:**  **Chronic Pain**  **Management**  Alberta Health Services |  |  |  |

*This resource inventory is an evolving document. It is by no means exhaustive of possible opportunities in your community but is simply meant to prompt the user to start exploring opportunities in alignment with the Osteoarthritis Research Society International (OARSI) Guidelines.*