What is Self-Management?
Self-management of arthritis, put simply, is managing your condition yourself using a variety of approaches and techniques to address both the physical and mental impact of arthritis. Arthritis affects people differently, so each individual can choose the techniques that help them live a fuller, more active, life whilst living with the condition.

According to a YouGov study commissioned by Arthritis Action, involving 2,074 people with arthritis of working age in Great Britain, 64%* found self-management to be useful.

Arthritis Action is the only UK charity that offers a holistic self-management approach tailored to each individual.

OUR SELF-MANAGEMENT APPROACH

Arthritis Action is continuing its longstanding tradition of helping people with arthritis to live a fuller life with less pain through self-management, in line with the best available evidence.

Our Members receive the following benefits:

- Individualised consultations with our registered Dietitian
- Twice yearly magazine and monthly e-newsletter
- Arthritis Action Groups
- Members’ Area on our website
- Two subsidised clinical appointments per membership year
- Self-management educational events
- Joining our growing arthritis community across the UK
GET IN TOUCH

To find out more about how self-management can improve your quality of life, or for more information about Arthritis Action, please call us on **0203 781 7120** or send an email to: **info@arthritisaction.org.uk**