



Arthritis Talks: Strategies for Caregivers

Dave Barker, *Caregiver, Ontario*

Tanya Burley, *Caregivers Alberta*

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Presenters



Trish Barbato

President and CEO
Arthritis Society
(Moderator)



Dave Barker

Caregiver in Ontario



Tanya Burley

Caregivers Alberta

Webinar tips

- Use the **Q&A** section to ask the presenters your questions. Some of the questions will be chosen for the live question period at the end of the webinar.
- Click on the **Chat** box to connect with other participants and the Arthritis Society's chat moderator.
- If you have further issues, email arthritistalks@arthritis.ca

The screenshot shows the Arthritis Society webinar interface. At the top center is the Arthritis Society logo. Below it are two large buttons: 'Q&A' and 'Chat'. At the bottom left is an 'Audio Setting' button with an upward arrow. At the bottom right is a red 'Leave' button. A callout box at the top right points to a red icon in the Q&A window, with the text 'Click on the red icon to exit out of the Q&A or Chat'. A callout box at the bottom left points to the 'Audio Setting' button, with the text 'Click here to access your audio settings'. A callout box at the bottom right points to the 'Q&A' button, with the text 'Click here to chat or to submit a question'. The Q&A window is open, showing a 'Welcome to Q&A' message and a text input field labeled 'Type your question here...'.

Click here to chat or to submit a question

Overview

[1]
Caregiver experience



[2]
Supporting someone living
with arthritis



[3]
Self-care for caregivers



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What has your experience as a caregiver been like?



Q

What have you learned about supporting your wife when she is going through a flare?





What advice can you give to caregivers about providing support at medical appointments?



Q

What words of wisdom do you have for people living with arthritis who are also caregivers?





Do you have any self-care recommendations for caregivers?



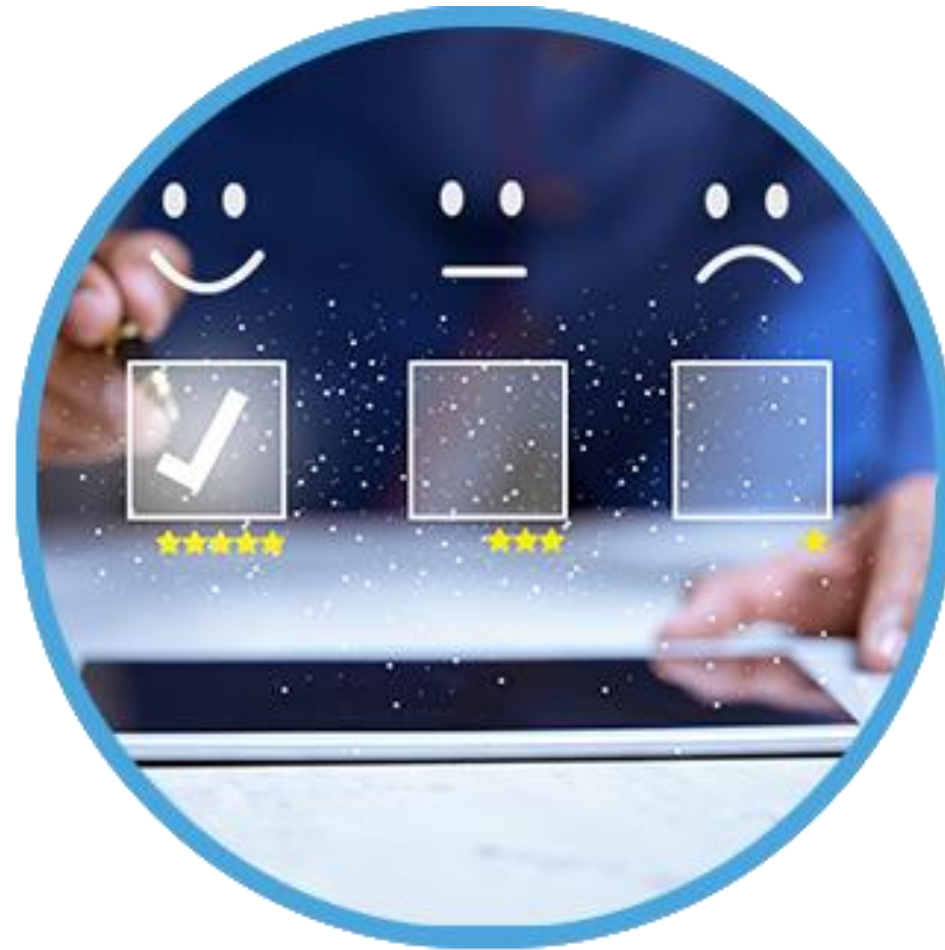
Any final thoughts or recommendations?



Questions



Tell us what you think...





Arthritis hurts

1 in 5 Canadians

like Laurie

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Upcoming Events

January Webinar

Arthritis Talks: **Arthritis in the Hands and Feet**

Learn about:

- Managing pain and stiffness
- Using your hands and feet differently to prevent pain
- Preventing joint deformity

Register at:

Visit arthritis.ca/arthritis Talks or click the link in your email inbox

