



Arthritis Talks: Assistive Devices for Arthritis

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Presenters



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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 right points to the 'Chat' button, with the text 'Click here to chat or to submit a question'. A callout box at the bottom left points to the 'Audio Setting' button, with the text 'Click here to access your audio settings'. The Q&A window is open, showing a 'Welcome to Q&A' message and a text input field labeled 'Type your question here...'.

Overview

[1]

Lifestyle Modifications



[2]

Assistive Devices



[3]

Q&A



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Q

I don't want to rely on assistive devices or other people, but everyday tasks are very difficult. What should I do?



Bathroom



Dressing



Technology



Q

What can I do to help with the pain in my hands and back when gardening?



Gardening Kneeler Stool



Ergonomic Gardening Tools



Use Bigger/Multiple Joints



Q

I'm an avid golfer but often in pain at night. I don't want to give up golfing, what can I do?



Stretches





Carry vs Push vs Pull vs Cart

Enlarged Club Handles



Q

**Cooking and baking are my passions but it's getting harder to stand for long periods of time and hard on my hands.
What tools can I use to make it easier?**



Openers



Electric and Battery Operated



Work smarter not harder



Protect your Back and Legs



Any final thoughts or recommendations?



Questions



Opticare Arthro and Ableware Auto Squeeze





Tell us what you think...



Next webinar



6 p.m. ET

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