

Arthritis Today

Updates & Tips to Live Your Best Life



At the Arthritis Foundation, we're all about working smarter. That's why we're bringing you great tips for making everyday tasks easier. Whether you need help in the kitchen, a unique new workout routine or a guide for applying for disability benefits, we're here to help.

Maximize Your Ability

If arthritis causes you to struggle with everyday tasks, occupational therapy, or OT, may be the solution. From brushing your teeth to cooking a meal, OT can help you maximize your ability to do nearly any activity.

[Make Your Life Easier](#)

Qualify for Disability Benefits

Applying for disability benefits for arthritis can be a long, grueling process — but patience and persistence can pay off. Check out our step-by-step guide and increase the likelihood of receiving the assistance you need.

[Get Help Now](#)

Salute to Volunteers

It's National Volunteer Week, and we're celebrating those who contribute their time and talents to empower millions of people in the arthritis community. Help us celebrate by sharing why you volunteer with the Arthritis Foundation. Or tell us about a volunteer you admire.

[Share Your Story](#)

Learn Something New

Movement



Jump for Joy

Tired of the same workouts? Shake up your routine and try a trampoline.

[GET THE WORKOUT →](#)

Research



Gut Health

We're funding research into whether the gut microbiome could be interfering with your rheumatoid arthritis treatment.

[LEARN MORE →](#)

Kitchen Hack



Stir Crazy

Make stirring and blending less painful with these cool kitchen gadgets.

[GET KITCHEN HACKS →](#)

Made for You



Flexon's Guard-N-Grip Hose Connector

Flexon's Guard-N-Grip hose connector makes your watering chores easy. With an ergonomically-designed, slip-resistant handle, the Guard-N-Grip helps reduce wrist and finger strain. Get a leak-proof connection without the pain.

[BUY NOW →](#)

Your everyday tasks don't have to be a pain. The Ease of Use program recognizes arthritis-friendly products made with you in mind. From gardening tools to office supplies and everything in between, easy-to-use certified products are available for purchase online and in retail locations.