

Steps to Offer Arthritis Foundation Programs

Become an official partner site and offer these signature programs from the Arthritis Foundation!

Arthritis Foundation Aquatic Program is a warm-water (83—88 degrees) exercise program that incorporates gentle activities in a friendly and supportive atmosphere in which people make new friends and try new activities. This program is proven to decrease pain and depression and improve functional ability, range of motion, muscle strength and aerobic fitness in participants.

Arthritis Foundation Exercise Program is an exercise program specifically for people with arthritis. It uses gentle activities to help increase joint flexibility, range of motion, overall stamina and to help maintain muscle strength. Studies have shown positive benefits such as decreased pain and depression, and improved function, health status and social activity.

Arthritis Foundation Self-Help Program is a self-management program developed at Stanford University that teaches skills for living with arthritis. The six-week series of classes features ways to reduce pain and stress, cope with fatigue, use medications wisely, and benefit from exercise. Positive outcomes include decreased pain, increased self-efficacy and reduced physician visits.



For more information, please contact [\[name and contact information\]](#)

Why offer the Arthritis Foundation programs?

- Help reach the 46 million Americans (one in five adults) who have arthritis
- Provide a community service that enhances the quality of life for an underserved population
- Become affiliated with a nationally-recognized leader in arthritis resources
- Offer safe and effective programming that your constituents will trust
- Save on staff time with easy-to implement programs
- Expand participant outreach at your facility
- Promote your organization through the local Arthritis Foundation on their Web site and program lists
- Gain access to marketing materials for your facility and access Arthritis Foundation resources
- Increase community recognition for your facility

Easy Steps to Becoming an Official Partner and Getting Certified Leaders and Instructors...

First, complete a program co-sponsorship agreement for your facility and return to the Arthritis Foundation.

Second, send at least one individual from your facility to be trained at a training workshop hosted by the Arthritis Foundation. Trainings are scheduled throughout the year—make sure to ask to be added to our mailing list for training announcements.

Third, ensure that your trained instructors teach at least one course series (a minimum of six classes) within six months.

Fourth, after successfully completing the six classes, your instructors are qualified to be officially certified by the Arthritis Foundation. You will be responsible for submitting quarterly course statistics to the Arthritis Foundation with a simple form. Instructors will need to update certification every three years.

Fifth, continue the programs and stay in touch through our newsletter, a benefit of becoming an Arthritis Foundation partner.