

Webinar Series

Balancing Act: Caregiving & Arthritis



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Event Program

- All attendees have been muted
- Q&A function at the bottom of the screen to type in questions
- Presentation, followed by Q&A
- Post-Event Survey

[YouTube.com/ArthritisFoundation](https://www.youtube.com/ArthritisFoundation)
[Arthritis.org/Webinars](https://www.arthritis.org/Webinars)



Tonight's Moderator – Tiffany Daniels



- Arthritis Foundation volunteer & Rheumatoid Arthritis Connect Group co-facilitator
- Diagnosed with Rheumatoid Arthritis in May 2025
- 20 years in the airline industry
- Proud mother, wife, and founder of TDaniels Co.
- Creates confidence-inspiring jewelry as a creative and therapeutic outlet



Traveling, sightseeing, and experiencing adventures outside of the norm.

Why This Matters

For many, living with arthritis includes caring for someone they love.

Balancing both roles can affect health, stress levels, and energy.



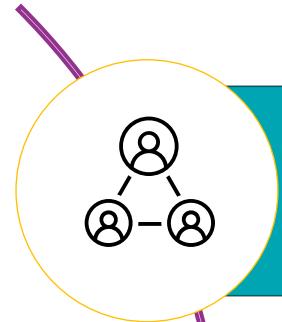
We're here to talk about realistic ways to protect your well-being!

Which area feels most challenging for you?

- a) Pain / Fatigue
- b) Stress
- c) Lack of time for self-care
- d) Balancing roles
- e) Finding resources and support



Key Takeaways



Balance personal health management and caregiving responsibilities



Apply self care tools and stress management techniques



Identify resources to make caregiving more sustainable

Tonight's Expert – Joanna Doran, Esq.



- Cancer rights attorney & CEO of Triage Cancer
- Has spent more than 30 years working on behalf of patients, including as an Adjunct Professor of Law
- Has presented more than one thousand educational seminars for patients, caregivers, and health care teams
- Co-authored a book on Cancer Rights Law for the American Bar Association



"Sitting by the ocean with a good book is my happy place."

Tonight's Expert – DaJavon Moore – Adu, LCSW



- Licensed clinical social worker supporting caregivers managing chronic illness and stress
- Co-founder of The Holistic Coalition, focused on culturally competent, whole-person care
- Specializes in practical tools for resilience, self-care, and navigating life transitions



"I love turning everyday routines—breathing, cooking, rest—into a wellness ritual."

The Balancing Act

Patient and Caretaker

Ashia Lee, Arthritis Foundation

An Open Conversation About Caregiving

Caregiving with a chronic disease feels heavy, but it's completely normal to need tools and support.



40% of caregivers have a lifetime diagnosis of arthritis

Caregiver Challenges (Inflammatory Arthritis)



Managing Unpredictable Flares: symptoms can worsen suddenly, making it hard to plan daily activities. Caregivers often need to adjust schedules and routines on short notice.

Individuals with IA manage their own pain and flares while supporting others with daily tasks and medical care



IA is an autoimmune condition that can cause flares in multiple joints and may affect other organs in the body

Champions of Yes

abbvie Special Learning Segment

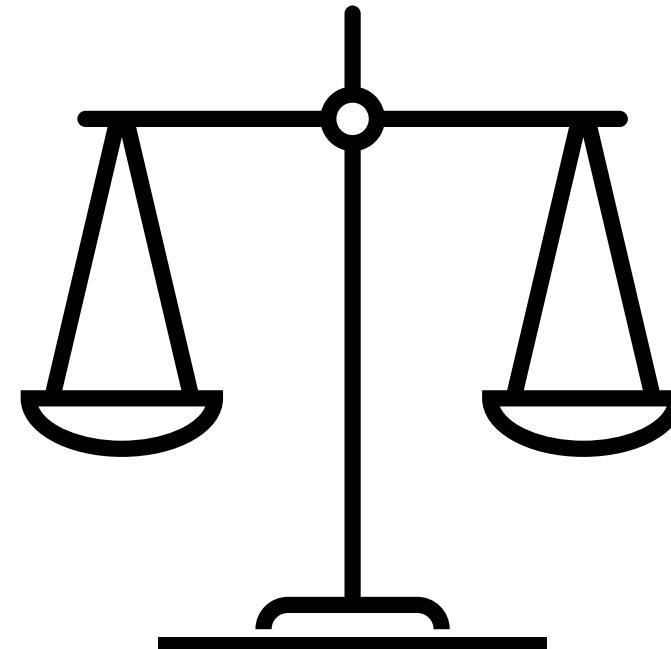


Key Challenges of Balancing Roles

Stress increases you're juggling decisions, and responsibilities.

I'm tired and
need help but I
feel guilty.

Sometimes I forget
that I'm a patient,
too.



"I don't always
know what to ask
during
appointments."

Does my insurance
cover anything that
could assist lighten
the load?

Want To Better Understand Pain?



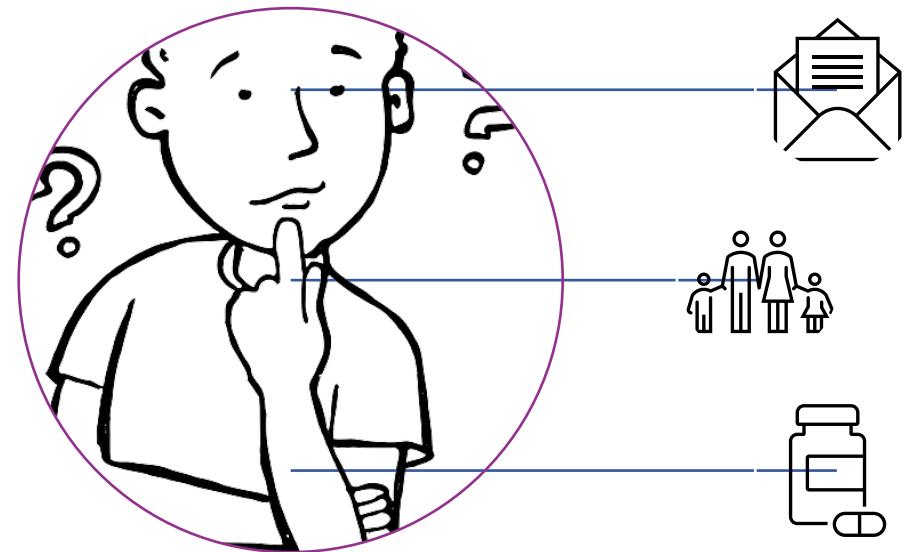
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Chronic pain from arthritis can affect every part of your life. Scan the QR code to learn how it can feel different for everyone—and know you're not alone.



Daily Difficulties

- Making sense of medical information
- Tracking appointments & medications
- Preparing for doctor visits
- Finding trustworthy information
- Confident health decisions
- Balancing care & self-care



The Caregiver Toolkit

Resources and assistance

Joanna Doran, Esq.
CEO – Triage Cancer





What's Legal About Health?

There is a lot that is legal about health care.

From whether or not a treatment is approved, to whether or not an insurance company must cover that treatment, to whether or not you can take time off work to get that treatment and not lose your job. All of these things are legal issues, even if we don't think about them as legal issues in the moment.

Laws can protect people from discrimination, provide access to insurance coverage, create government benefits, or provide funding for screening, treatment, and research.

Triage Health is a program of Triage Cancer. In developing education on these topics for the cancer community, we realized that everyone could benefit from this information.

Many of these topics are things that we should have been taught in high school, but weren't. Like how to pick a health insurance plan, manage medical bills, or complete an advance directive.

That is why we are launching Triage Health.

[Learn About These Topics ▶](#)



Finding the Right Support



Finances



Health Insurance
Navigation



Employment



Estate Planning



Other Health-
Related Legal Issues

For more information, scan the QR code or visit the website!



TRIAGE
HEALTH



Resources to Make Caregiving Easier



Get The Information You Need

Triage Health provides free education on the legal and practical issues related to navigating a chronic or serious medical condition.

TRIAGE
HEALTH

- **Clear Health Education:** Demystifies medical jargon
- **Organizational Tools:** Organizes medical records effectively
- **Appointment Prep:** Ensures all questions are addressed
- **Confidence Boost:** Fosters confident care management and advocacy

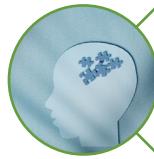


Whole Self Support

Self-Care That Fits Into Real Life

DaJavon Moore-Adu, LCSW
The Holistic Coalition

Why Holistic Care Matters



Caring for others can strain body and mind



Ignoring your needs can worsen arthritis symptoms



Stress and fatigue accumulate over time

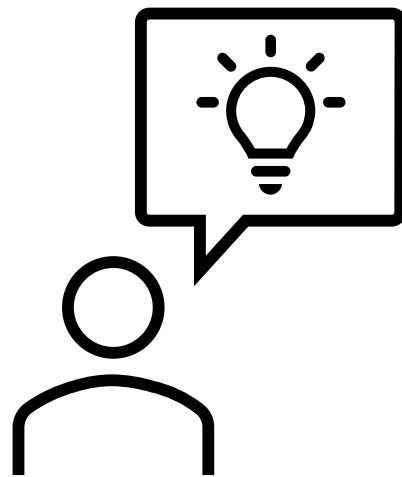


Holistic care keeps you grounded and supported



Feeling better helps you care for others sustainably

Understanding Your Own Needs (And Listening to Them)



Listen to your body: notice pain, stiffness, and fatigue

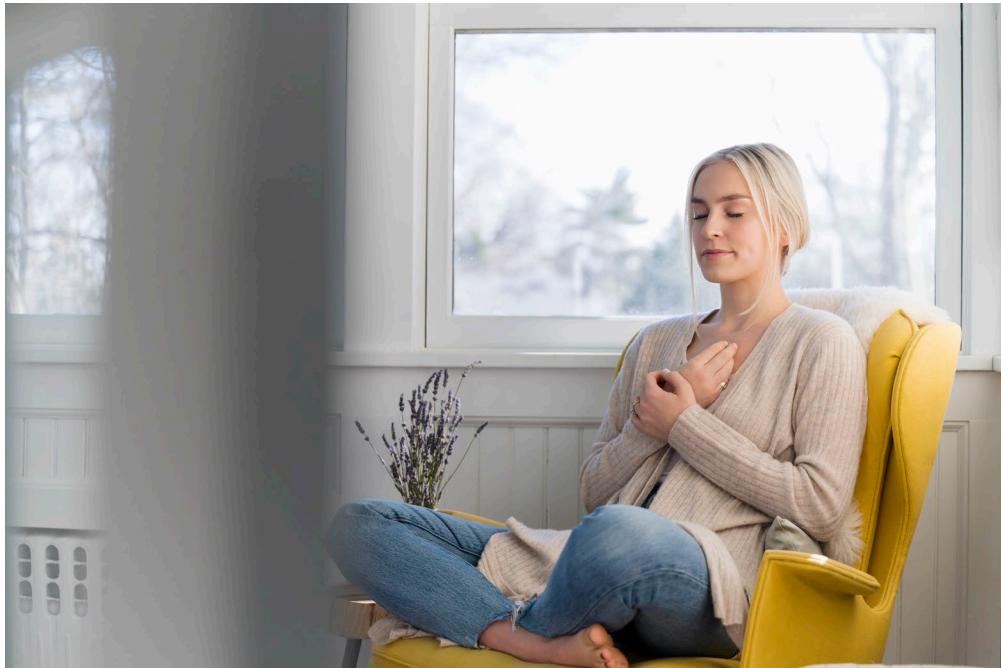
Set limits without guilt

Recognize early signs of flare or burnout

Take small breaks when you need them

Saying “I need help” is okay

Reset & Refocus Through Breathing



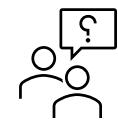
- Inhale quietly through your nose for 4 seconds
- Hold your breath gently for 7 seconds
- Exhale slowly through your mouth for 8 seconds
- Repeat 3-4 times

Strengthen Your Wellbeing

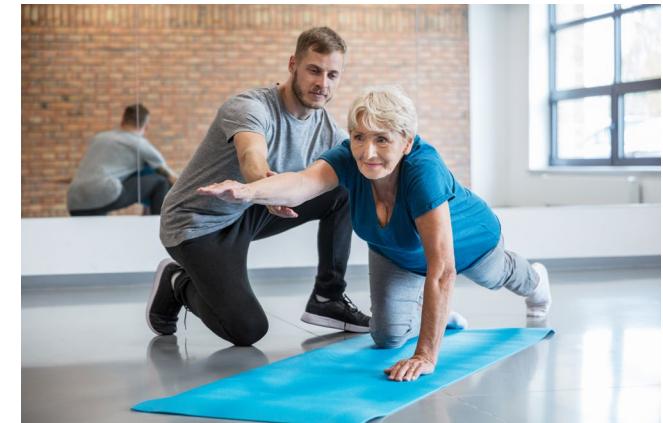
Taking care of your body, mind, and emotions helps you stay resilient, manage stress, and maintain the energy needed to care for yourself and others.



Stay connected



Accept offers of help



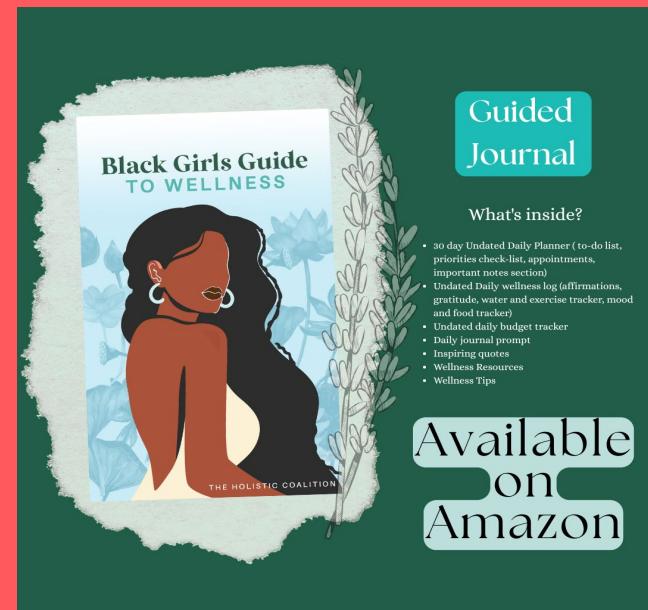
Prioritize nutrition & physical activity

Key Takeaways – Caregiver Wellbeing

- **Self-Care Sustains:** Nurture your health so your kindness can thrive.
- **Adapt with Grace:** Make gentle adjustments to accommodate physical limits.
- **Receive Support:** Allow others to help—it's a strength, not a burden.
- **Rest & Restore:** Find small, soothing moments to ease your mind and body.



Final Words



Q&A



Thank You!

Take the survey and let us know what you think!

Join us next time – recordings:

Arthritis.org/webinars



Upcoming Connect Groups



Osteoarthritis Connect Group

Next Meeting, January 9, 2026 at 3 pm ET
"Happy New Year 2026!"

Movement Matters Connect Group

Next Meeting: Sunday, December 21st at 12 pm ET
"Kickbox Interval"



Register Here:
ConnectGroups.Arthritis.org



Upcoming Webinars



January 21: Feel Like Yourself Again

February 26: Finding Hope Through Movement



Register Here:
Arthritis.org/webinars

Resources for JA Caregivers

JA Explained: arthritis.org/JAEXPLAINED

JA Camps: arthritis.org/JACAMPS

- **June, July, August:** California, Colorado, Utah, Pennsylvania, Wisconsin, Minnesota, South Carolina, Missouri, and Washington
- **Virtual Parent Info Session – December 9**
- **Pre-Registration – December 8**
- **Full Registration – January 12, 2026**

JA Family Summit: arthritis.org/JAFamilySummit

- July 16-19 – Indianapolis
- Travel Assistance applications – Jan-Feb 2026

JA Connect Groups: connectgroups.arthritis.org



JA HUB
Arthritis.org/JA

Additional Resources

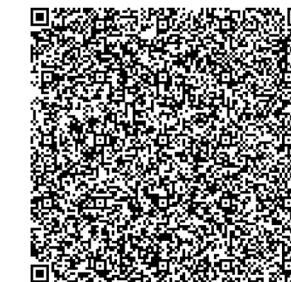
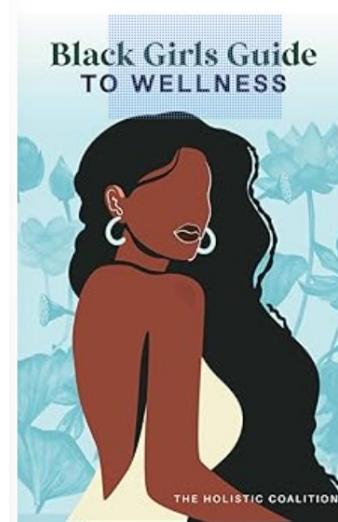
Triage Health

- TriageHealth.org/Events
- TriageHealth.org/Podcast
- TriageHealth.org/Resources
- TriageHealth.org/GetHelp



The Holistic Coalition

- theholisticcoalition.com
- [Black Girls Guide to Wellness](https://theholisticcoalition.com/black-girls-guide-to-wellness-hardcover-planner)
Hardcover Planner on Amazon





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