Intentional Programming “Lesson Plan” Topics

**Physical Health**

* **About arthritis**
	+ Ankylosing spondylitis
	+ Fibromyalgia
	+ Gout
	+ Juvenile arthritis
	+ Lupus
	+ Osteoarthritis
	+ Psoriatic arthritis
	+ Rheumatoid arthritis
* **Adaptations – life hacks – improving activities of daily living (ADLs)**
	+ Cooking
	+ Gardening
	+ Getting ready
	+ Household chores
	+ Shopping
	+ Traveling
* **Fitness, nutrition, & weight management**
	+ General fitness & cardio
	+ Strengthening
	+ Weight control
	+ Anti-inflammatory diet
	+ Healthy meal planning
	+ Movement
* **Medical treatment options**
	+ Joint surgery decision
	+ Medication risks & side-effects
	+ Pregnancy
* **Non-pharmacological treatment options**
	+ Heat & cold
	+ Vitamins & supplements
	+ Acupuncture & massage
	+ Medical devices
* **Symptom management**
	+ Fatigue management
	+ Pain management
	+ Sleep management

**Emotional/Social Health**

* **Adult**
	+ Emotional coping and mental health
	+ Movement
	+ Arthritis and the workplace
	+ Dating and intimacy
	+ Talking with others about your arthritis
	+ Work/volunteer/life balance
* **Juvenile arthritis**
	+ Building resiliency in preparing child for surgery and recovery
	+ Resiliency through medical and life transition
	+ School solutions
	+ JA & family planning
	+ Family Resiliency and Resiliency in Children

**Experience of Care**

* **Adult**
	+ Health care provider and patient communication
	+ Setting and communicating goals
	+ Coordination of care
	+ Paying for care
* **Juvenile arthritis**
	+ Communication and coordination with JA Healthcare Team
	+ Coordination of care – transitions