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