

# ARTHRITIS REHABILITATION EDUCATION PROGRAM



***A community-based rehabilitation service  
for people of all ages with arthritis***

## **What is the Arthritis Rehabilitation and Education Program (AREP)**

AREP provides a range of services for children and adults with arthritis. The services provided by Occupational Therapists, Physiotherapists and Social Workers include:

- Consultation and guidance on arthritis self-management in the community/home/workplace, including physical, emotional and psychological management strategies as required
- A customized arthritis service plan
- Group education that includes information and management techniques for arthritis

Services are provided individually (in person, by telephone, or videoconferencing) or in a virtual group setting.

No cost to clients with a valid Ontario Health card.

## **Who can register for AREP?**

- Ontario residents (children or adults) with a valid OHIP #
- People with a confirmed or suspected arthritis diagnosis
- Clients are matched on registration to the closest available site to their home

## **Looking for help to better manage your arthritis?**

### **For self-referral or more information:**

- Telephone: 1-800-321-1433 extension 3307
- email: [arep@arthritis.ca](mailto:arep@arthritis.ca)
- Fax: 1.888.519.6869

### **Referral:**



Other online resources: [www.arthritis.ca/resources](http://www.arthritis.ca/resources)

arthritis.ca