Resource

Practical help

People with RA can need practical help with everyday activities. This can be through aids or gadgets, items already available or through finding new ways to do an activity. One of the major areas where practical help is needed is with computers and other electronic devices.

Print

Many people with RA will struggle with everyday tasks and will be forced to find new ways to be able to do them, whether it’s through buying an aid or gadget, using items already available to them or altering the way that they do an activity. Sharing ideas for how to do these everyday tasks can help to give someone with RA greater independence.

One of the major areas where practical help is crucial in the modern day is with the computer.

Whether using electronic devices for personal use or in the workplace, most people will need to access apps, software and the internet and this can be difficult in a condition where the hands are one of the areas most commonly affected. Thankfully, there is now a lot of help available in hardware, such as ergonomic keyboards and wrist supports and software, such as voice command software, which can help to minimise the amount of typing someone has to do.

Living better with RA pack

Includes Living Better with RA, Fatigue Matters and Medicines and RA

Living Better with RA – A self-help guide for people with established disease, including Juvenile Idiopathic Arthritis

Fatigue Matters – A self-help guide for people living with rheumatoid arthritis

Medicines and RA – We believe it is essential that people living with RA understand why certain medicines are used, when they are used and how they work to manage the condition.

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Article

Useful tips

There are many products available to help people with rheumatoid arthritis to go about normal day-to-

ain on joints. We asked some of our Members to talk about de) and other innovations that they had found helpful.

Article

Rheumatoid arthritis & computing

Many people with RA find it painful to use a standard keyboard and mouse so we have teamed up with AbilityNet to produce a factsheet that describes the steps and some of the options that can help make computers, laptops, tablets and smartphones easier to use.

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