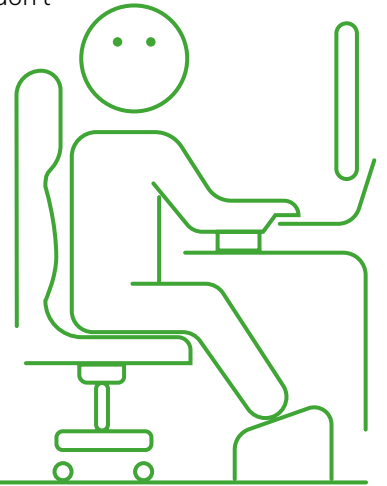


work



- 1** **Work can involve extra challenges** when you are living with psoriatic arthritis. There can be challenges for everyone, but research found they may be more common for women, people doing manual work, people who have had arthritis for a long time, have worse disease, or arthritis in multiple joints.
- 2** Having an employer who you feel you can call on for help makes it easier for people with psoriatic arthritis to stay in work. You may want to **find out what help is available** even if you don't need the help right now.
- 3** Some people find it helpful **to tell their employer** about their psoriatic arthritis and **how it impacts** them so that the employer can **make the adjustments needed** for them to do their job (this could involve adjustments to your workspace, flexible working hours, equipment to support physical tasks, and lots of other types of support). Some people find it helpful to explain that what they can do may change depending on how active their arthritis is.
- 4** If you feel your psoriatic arthritis is getting in the way of you being able to work, **seek advice from your healthcare team**.



my work plan

Write down the three top reasons why making a change is important to you.

Write down a plan. This should be a small manageable step, not a big leap.

Ask yourself: Who might be able to help you make this change? When will you do it?

How will you do it? Where will you do it? Will you do it on your own or with someone else?

Plan ahead for bumps in the road.

What might get in your way? How could you adapt your plan if this happens?

"I am disabled, but with the support from my work and the correct adjustments in place, I am now able to do my job – and I do it very well! It is important you tell people about your arthritis. It can be quite a hidden condition, so unless you tell people at work about it, they won't know how it affects you."

