

social support



- 1** Psoriatic arthritis can make you **feel isolated**. Psoriatic arthritis can have an impact on your social activities, and it can feel like friends and family can't relate to what you are going through.
- 2** **Talking to people** about how you are feeling can help you feel less isolated. This might be someone you know, your healthcare team, or a support line.
- 3** People find it helpful to have friends, family, neighbours, and their healthcare team available to help manage this challenging condition. **You don't need to do everything on your own**. Reach out to people who might be willing to support you.
- 4** Some people find it helpful to talk to other people who have psoriatic arthritis. Find out what **support groups or online networks** you might be able to use to hear and share experiences with others.



my social support 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?

"There are plenty of people to connect with for personal support: partners, family members, friends, even new friends on Psoriatic Arthritis communities can be of great support. In my case, it's my partner who is my sounding board for many things including, not least my managing my health which directly affects both our wellbeing. It's a win win, that started with me simply asking for help."

