

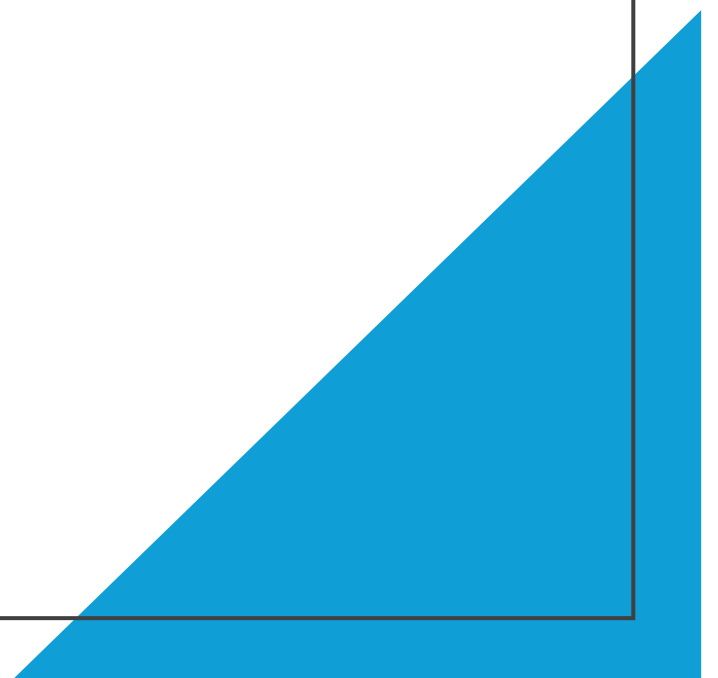
Arthritis Appropriate Evidence-Based Interventions (AAEBIs)

Virginia Arthritis Programs

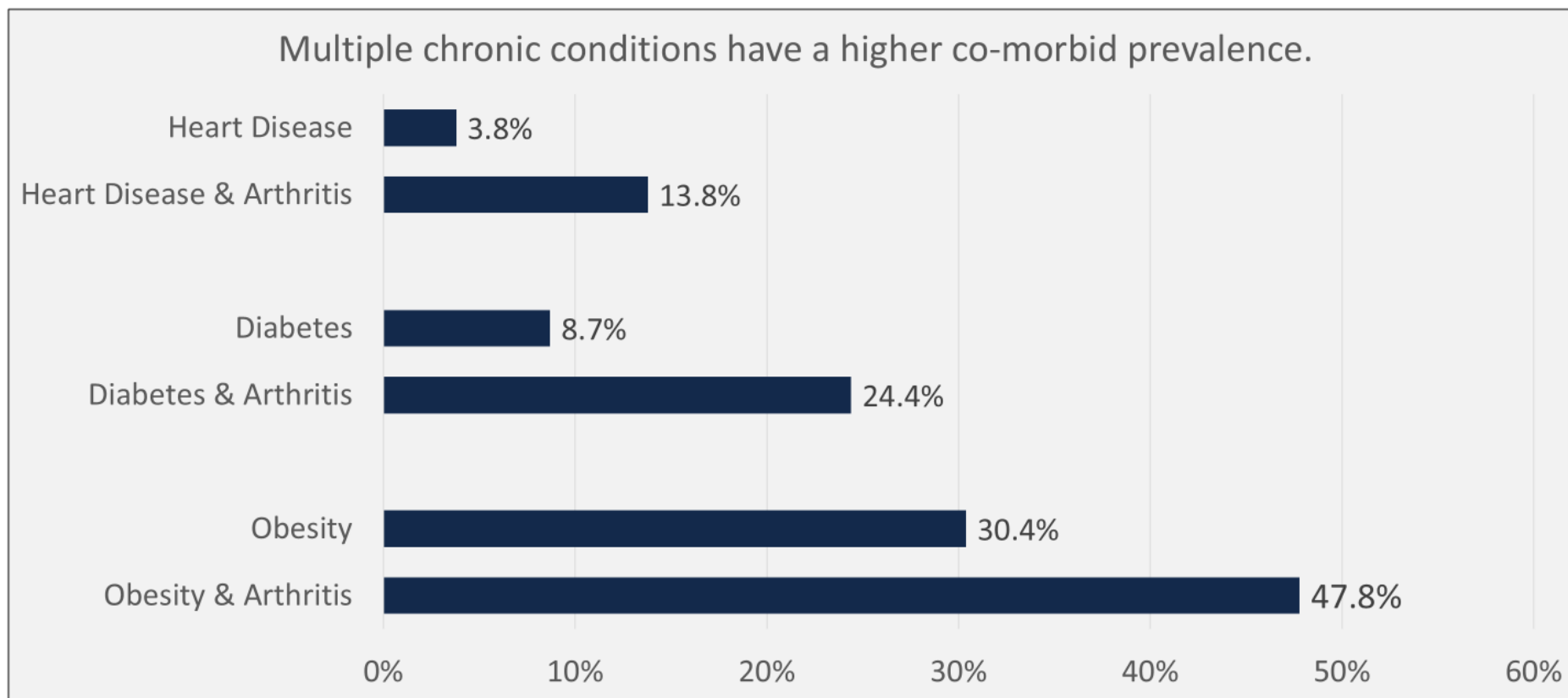
Virginia Department of Health (VDH)

Office of Family Health Services

March 20, 2025



Arthritis Statistics



2022 BRFSS Data

Clinical Manifestations of Osteoarthritis

- Pain
- Joint stiffness
- Joint swelling
- Bony deformities
- Instability of the joint - knee buckling or giving out
- Limitation of motion and/or mobility
- **Other sequelae of OA**
 - Poor balance, which may lead to falls
 - Muscle weakness – As arthritis progresses, can have weakness of muscles ie. muscles around the knee can become weaker
 - Depression – due to loss of independence, loss of mobility

Important Arthritis-Related Complications – Mental Health

- CDC webpage = [The Arthritis – Mental Health Connection](#)
- About 1 in 5 adults in the U.S. with arthritis has symptoms of anxiety or depression
- Symptoms have been noted to be more common in the following groups with arthritis:
 - Women
 - Younger adults
 - People with chronic pain or have other chronic conditions
 - People who are disabled, unemployed, or unable to work
- Anxiety may be due to worry about overall health, fear of falling with walking, many other reasons
- Depression may be due to loss of independence, ongoing anxiety, other reasons
- Important for healthcare providers to ask about these symptoms, evaluate them, and treat or refer for treatment if present.
- Patients are also encouraged to discuss these issue with their healthcare provider
- **CDSMP can help if patients are anxious or depressed to understand their disease and talk to their provider**

Virginia Department of Health AAEBIs

- **Walk With Ease (WWE):** Encourage walking to ease arthritis symptoms (English and Spanish)
- **Tai Chi for Arthritis (TCA):** Improve balance, flexibility, and reduce pain
- **Chronic Disease Self-Management Program (CDSMP):** Empower patients to manage their chronic conditions (English and Spanish)

Walk With Ease

WALK WITH EASE
a program for better living



“The Arthritis Foundation’s program that is proven to reduce the pain of arthritis and improve your overall health”



Why walking?

“Walking, like many other forms of exercise offers many benefits for your body and spirit. Besides being inexpensive, convenient and fun, walking can help to:

- Strengthen the heart and lungs
- Nourish joints
- Build bones
- Fight osteoporosis
- Burn calories
- Control weight
- Reduce stress
- Improve mood boost energy
- Reduce and manage pain from Arthritis!**



What is the Walk With Ease Program?

Participants can be:

- Adults with arthritis.
- Adults who don't have arthritis.
- Beginners and seasoned walkers.
- Must be able to be on their feet for 10 minutes without increased pain.
-



Arthritis

May is Arthritis Awareness Month

Walk With Ease Program

Walk With Ease – Heart Health

Tai Chi for Arthritis

Chronic Pain Self-Management


Chronic Disease Self-Management


Resources and Materials

Health Care Provider Resources

Contact Us

WALK WITH EASE PROGRAM





The Arthritis Foundation Walk with Ease (WWE) program is designed to help people living with arthritis better manage their pain and is also ideal for people without arthritis who want to make walking a regular habit. Led by a certified Arthritis Foundation Peer Leader, this program has been shown to reduce pain and increase balance and walking pace. The six weeks WWE program, participants are encouraged to walk three times a week.

Participants can find parks and trails by visiting the [Virginia's Arthritis Friendly Parks and Trails Map](#).

In the **Self-directed** format, participants read the WWE book and walk on their own. Offered at no cost to anyone who is a Virginia resident and can be on their feet for 10 minutes without increased pain.


[Learn more: Arthritis Foundation Walk with Ease Program](#)

Start the Self-Directed Walk with Ease Program


Camine Con Gusto

Search for Walk With Ease in your Community

Podcast - Start Physical Activity

 **Virginia Walk With Ease Trails** ★
VDH Livewell

This map was made with Google My Maps. Create your own.



VDH VIRGINIA
DEPARTMENT
OF HEALTH

VDH arthritis program - Search

Resources and Materials - Arthrit

Arthritis - Arthritis

https://www.vdh.virginia.gov/arthritis/resources/

Virginia Department of Health > Arthritis > Resources and Materials

Arthritis

May is Arthritis Awareness Month

Walk With Ease Program

Tai Chi for Arthritis

Chronic Pain Self-Management

Chronic Disease Self-Management

Resources and Materials

WWE & Chronic Disease Materials Order Form

Health Care Provider Resources


Contact Us

Email this page

RESOURCES AND MATERIALS

Materials Order Form

Walk With Ease Program



Start the Walk With Ease Program!
The Arthritis Foundation's Walk With Ease six week program is proven to:


- Reduce the pain and discomfort of arthritis
- Increase balance, strength and walking pace
- Build confidence in your ability to be physically active
- Safely make activity a part of your life

Walk With Ease includes a guidebook and a walking schedule and is:

- Offered at no charge to participants
- Provided in a self-guided or community setting

To enroll yourself or a patient in a self-guided

Walk With Ease - Spanish



Experimente el programa basado en evidencia WALK WITH EASE

El programa **WALK WITH EASE** (camine con facilidad) de Arthristis Foundation, es un programa de ejercicio de 6 semanas que reduce el dolor y mejorar la salud en general.

No importa si necesita alivio del dolor causado por la artritis o solo quiere estar activo, **WALK WITH EASE** lo ayudará a:

- Reducir el dolor y sentirse excelente.
- Caminar de manera segura y cómoda.
- Fomentar la confianza en su capacidad de ser físicamente activo.

VDH VIRGINIA
DEPARTMENT
OF HEALTH



Living with chronic conditions like arthritis, diabetes, high blood pressure, or heart disease can be a daily challenge. But it doesn't have to be.

Attend a 6-week workshop (in-person or virtually) for 2.5 hours each week to learn:

- Managing your symptoms and medications.
- Communicating with family and doctors.
- Relaxing to deal with pain and fatigue.
- Creating an exercise program that works for you.
- Healthy eating to improve your condition.

This evidence-based program developed by Stanford University is proven to help you better manage your symptoms.

It is FREE, but spaces are limited.

To refer yourself or a patient to a Chronic Disease Self-Management Program (CDSMP) visit:

UniteUs <https://www.uniteus.com>,

Senior Navigator <https://seniornavigator.org/>, or

Findhelp <https://www.findhelp.org>.

For more information about CDSMP visit:

<https://selfmanagementresource.com/>

or contact:



WVU VIRGINIA Funded through a CDC

Cooperation Agreement in

Scan for Chronic
Disease Website



Chronic Disease Self Management Program (CDSMP)

About CDSMP



Developed by a team of researchers at Stanford University for people with a variety of chronic health conditions.

One of the most well-studied, evidence-based self-management programs available, backed up by over 20 years of federally-funded research.

Over time has been adapted for specific chronic diseases.





Who is it for?

Adults with chronic health conditions such as arthritis, diabetes, heart disease, lung disease, and other ongoing health problems.

The program may be particularly beneficial for people who have more than one health condition, whose health problems have begun to interfere with their valued life activities, or who have had difficulty following health recommendations.



Subjects covered in the general CDSMP workshop include:

1. Techniques to deal with problems such as frustration, fatigue, pain and isolation
2. Appropriate exercise for maintaining and improving strength, flexibility, and endurance
3. Appropriate use of medications
4. Communicating effectively with family, friends, and health professionals
5. Nutrition
6. Decision making
7. How to evaluate new treatments



Tai Chi for Arthritis

Tai Chi for Arthritis was developed by Dr. Paul Lam using the Tai Chi Sun Style with special modifications for arthritis.

Classes are led by a certified instructor and meet for 16 sessions (either 1 hour per week for 16 weeks or 1 hour twice a week for 8 weeks), learning movements properly and slowly working within your comfort limits. Movements can be modified for mobility issues or may be done seated.

Each Session Includes:

- Warm up and cool down exercises
- 1-2 new movements per lesson, progressing to learning 6 core and 6 advanced movements
- Breathing techniques

Benefits Include:

- Increased muscle strength, improved balance, flexibility, and posture.
- Improved prevention from falls.
- Decreased stress and improved relaxation techniques.

Tai Chi for Arthritis

Each Session Includes:

- Warm up and cool down exercises
- 1-2 new movements per lesson, progressing to learning 6 core and 6 advanced movements
- Breathing techniques

Benefits Include:

- ✓ Increased muscle strength, improved balance, flexibility, and posture
- ✓ Improved prevention from falls
- ✓ Decreased stress and improved relaxation techniques
- ✓ Lessen arthritis symptoms and improve overall health
- ✓ Reduced back pain

Physical Activity Counseling and Referral to AAEBIs



VDH Arthritis Prevention Program

Get connected through Unite Us



Proprietary and Confidential



Virginia Department of Health - Arthritis



Program Name: *Arthritis Foundation Walk With Ease Program*

Description: The Arthritis Foundation Walk with Ease (WWE) program is designed to help people living with arthritis better manage their pain and is also ideal for people without arthritis who want to make walking a regular habit. Led by a certified Arthritis Foundation Peer Leader, this program has been shown to reduce pain and increase balance and walking pace. In the six-week program, participants are encouraged to walk three times a week.

Walk With Ease (WWE) is offered online through the <https://startwalkwithease.org/Identity/Account/Register/vdh>

How to send a referral to the Arthritis Foundation Walk With Ease Program:

1. Select one of these Service Types:
 - a. **Education** - Educational Support Services
 - b. **Physical Health** - Chronic Disease Prevention & Management
 2. In the Search Box, search "Virginia Department of Health - Arthritis" and select the program name "Arthritis Foundation Walk With Ease Program"
 3. Continue with the referral workflow prompts to add a referral description and send the referral.
- ★ Make sure to favorite this program if you intend to utilize it frequently

Service Area:

- The Arthritis Foundation Walk With Ease Program is offered virtually across the Commonwealth.



Eligibility Requirements: Arthritis Foundation Walk With Ease Program

Arthritis Foundation Walk With Ease Program

- **Eligible Household Members:**
 - *Any Household Members*
- **Ages restricted to:** 18 years and over
- **Populations specialized in:** People with chronic health conditions
- **Ages specialized in:** 18 years and over
- **Languages:** English, Spanish
- **Accessibility:** ADA accessible, Deaf and hard of hearing accommodation
- **Primary Method of Service Delivery:** In Office, Web Based
- **Payment options:** Free

Service Area:

- Virginia Statewide

The screenshot displays the 'My Network' tab in a web application. At the top, there are tabs for 'My Network', 'Organizations', and 'Users'. Below these are filters for 'Service Type: All', 'Network Scope', 'Referral Status', and 'Favorite'. A search bar contains the text 'Arthritis'. The results show 'Showing 11 of 11 results within 50 miles of 5113 Forest Hill Ave, Richmond, VA, 23225'. A map on the right shows the location of the program in Richmond, Virginia. The program details include:

- Arthritis Foundation Walk With Ease Program** (Distance: 3.43 miles)
- Provided By Virginia Department of Health - Arthritis
- Receiving Referrals** (Green checkmark icon)
- Service Types Offered:** Educational Support Services, C... (See More)
- Program Delivery:** In Office, Web Based
- Hours:** Tue 8:00 AM - 5:00 PM
- Program Description:** The Arthritis Foundation Walk with Ease (WWE) program is designed to help people living with arthritis better manage their pain and is also ideal for people without arthritis who want to make walking a regular habit. Led by a certified Arthritis Foundation Peer Leader, ... (See More)
- Serves This Area** (Blue location pin icon)
- Program Description:** The Arthritis Foundation Walk with Ease (WWE) program is designed to help people living with arthritis better manage their pain and is also ideal for people without arthritis who want to make walking a regular habit. Led by a certified Arthritis Foundation Peer Leader, this program has been shown to reduce pain and increase balance and walking pace. In the six-week program, participants are encouraged to walk three times a week.
- Locations Provided:** Walk With Ease (WWE) is offered online through the <https://startwalkwithease.org/identity/Account/Register/vdh>

You can easily find these requirements right within the My Network Tab

Virginia Department of Health - Arthritis



Program Name: *Tai Chi for Arthritis*

Description: Tai Chi for Arthritis was developed by Dr. Paul Lam using the Tai Chi Sun Style with special modifications for arthritis.

Classes are led by a certified instructor and meet for 16 sessions (either 1 hour per week for 16 weeks or 1 hour twice a week for 8 weeks), learning movements properly and slowly working within your comfort limits. Movements can be modified for mobility issues or may be done seated.

Benefits Include: Increased muscle strength, improved balance, flexibility, and posture. Improved prevention from falls. Decreased stress and improved relaxation techniques. Lessen arthritis symptoms.

Tai Chi for Arthritis is offered in person and virtually. [Click here for more information.](#)

How to send a referral to Tai Chi for Arthritis:

1. Select one of these Service Types:
 - a. **Sports & Recreation** - Exercise Classes/Groups
 - b. **Wellness** - Health Literacy Classes, Therapeutic Programs & Retreats
 - c. **Physical Health** - Chronic Disease Prevention & Management
 2. In the Search Box, search "Virginia Department of Health - Arthritis" and select the program name "Tai Chi for Arthritis"
 3. Continue with the referral workflow prompts to add a referral description and send the referral.
- ★ Make sure to favorite this program if you intend to utilize it frequently

Service Area:

- The Tai Chi for Arthritis is offered virtually across the Commonwealth.



Eligibility Requirements: Tai Chi for Arthritis

Tai Chi for Arthritis

- **Eligible Household Members:**
 - *Any Household Members*
- **Ages restricted to:** 18 years and over
- **Populations specialized in:** People with chronic health conditions
- **Ages specialized in:** 18 years and over
- **Languages:** English
- **Accessibility:** ADA accessible, Deaf and hard of hearing accommodation
- **Primary Method of Service Delivery:** In Office
- **Payment options:** Free

Service Area:

- Virginia Statewide

My Network Organizations Users

Tai Chi for Arthritis

provided by Virginia Department of Health - Arthritis

Service Type: All Network Scope Referral Status Favorite Status

Q Tai Chi for Arthritis

Showing 2 of 2 results within 50 miles of 5113 Forest Hill Ave, Richmond, VA, 23225

Nearby Resources (1)

Tai Chi for Arthritis
Provided By Virginia Department of Health - Arthritis

Distance: 3.43 miles

Receiving Referrals

Service Types Offered: Exercise Classes/Groups, Health... (See More)

Program Delivery: In Office

Hours: Wed 8:00 AM - 5:00 PM

Program Description:
Tai Chi for Arthritis was developed by Dr. Paul Lam using the Tai Chi Sun Style with special modifications for arthritis.

Serves This Area

Richmond

Map data ©2024 Google

Serves the state of Virginia

Program Description

Tai Chi for Arthritis was developed by Dr. Paul Lam using the Tai Chi Sun Style with special modifications for arthritis.

Classes are led by a certified instructor and meet for 16 sessions (either 1 hour per week for 16 weeks or 1 hour twice a week for 8 weeks), learning movements properly and slowly working within your comfort limits. Movements can be modified for mobility issues or may be done seated.

Each Session Includes:
Warm-up and cool-down exercises
1-2 new movements per lesson, progressing to learning 6 core and 6 advanced movements
Breathing techniques

Benefits Include:

You can easily find these requirements right within the My Network Tab

Virginia Department of Health - Arthritis



Program Name: *Chronic Disease Self-Management Program (CDSMP)*

Description: Facilitated by certified Peer Leaders from the Self-Management Resource Center, this workshop teaches people ways to manage symptoms and medications, communicate with family and doctors, handle difficult emotions, relax, eat well, exercise, and set weekly goals to improve health and lifestyles. This is a six-week program, two and a half hours per week. Offered at no cost to anyone 18 years of age or older or caregivers of anyone with a chronic condition such as arthritis and other chronic diseases.

Chronic Disease Self-Management Program (CDSMP) is offered in person and virtually. [Click here for more information.](#)

How to send a referral to the Chronic Disease Self-Management Program (CDSMP):

1. Select one of these Service Types:
 - a. **Individual & Family Support** - Life Skills Training & Support
 - b. **Wellness** - Nutrition Education
 - c. **Physical Health** - Chronic Disease Prevention & Management
 2. In the Search Box, search "Virginia Department of Health - Arthritis" and select the program name "Chronic Disease Self-Management Program (CDSMP)"
 3. Continue with the referral workflow prompts to add a referral description and send the referral.
- ★ Make sure to favorite this program if you intend to utilize it frequently

Service Area:

- The Chronic Disease Self-Management Program (CDSMP) is offered virtually across the Commonwealth.



Eligibility Requirements: Chronic Disease Self-Management Program (CDSMP)

Chronic Disease Self-Management Program (CDSMP)

- **Eligible Household Members:**
 - *Any Household Members*
- **Ages restricted to:** 18 years and over
- **Populations specialized in:** People with chronic health conditions
- **Ages specialized in:** 18 years and over
- **Languages:** English, Spanish
- **Accessibility:** ADA accessible, Deaf and hard of hearing accommodation
- **Primary Method of Service Delivery:** In Office, Web Based, Phone Based
- **Payment options:** Free

Service Area:

- Virginia Statewide

My Network Organizations Users

Service Type: All Network Scope Referral Status Favorite

Filters

Arthritis

Showing 11 of 11 results within 50 miles of 5113 Forest Hill Ave, Richmond, VA, 23225

Chronic Disease Self-Management Program (CDSMP)
Provided By Virginia Department of Health - Arthritis

Distance: 3.43 miles

Receiving Referrals

Service Types Offered: Life Skills Training & Support, Nu... (See More)

Program Delivery: In Office, Web Based, Phone Based

Hours: Tue 8:00 AM - 5:00 PM

Program Description:
Facilitated by certified Peer Leaders from the Self-Management Resource Center, this workshop teaches people ways to manage symptoms and medications, communicate with family and doctors, handle difficult emotions, relax, eat well, exercise, and set weekly goals. (See More)

Serves This Area

Add Program

Chronic Disease Self-Management Program (CDSMP)
provided by Virginia Department of Health - Arthritis

Add Program

Richmond

Capitol District

Central Office District

Downtown

Serves the state of Virginia

Program Description

Facilitated by certified Peer Leaders from the Self-Management Resource Center, this workshop teaches people ways to manage symptoms and medications, communicate with family and doctors, handle difficult emotions, relax, eat well, exercise, and set weekly goals to improve health and lifestyles. This is a six-week program, two and a half hours per week. Offered at no cost to anyone 18 years of age or older or caregivers of anyone with a chronic condition such as arthritis and other chronic diseases.

Locations Provided:
Chronic Disease Self-Management Program (CDSMP) is offered in person and virtually.

You can easily find these requirements right within the My Network Tab



Provided by: Virginia Department of Health - Arthritis



Let's login, search, and favorite the program now!

ZIP or keyword or program name



Select Language English



FOOD



HOUSING



GOODS



TRANSIT



HEALTH



MONEY



CARE



EDUCATION



WORK

richmond, va (23223) / showing results for search: tai chi for arthritis < 1 - 6 of 6 >

Sort by RELEVANCE


Personal Filters



Program Filters



Income Eligibility


Notice out-of-date information or see a program you work for? Click  **Suggest** to share an update or claim your program listing to get access to free tools and data.

Possible Matches


These programs contain **some of the words you searched** in the provider name, program name, or description.

☐ Arthritis Helpline

by Arthritis Foundation

 Reviewed on: 11/13/2024

The Arthritis Foundation provide individuals with arthritis with the most up-to-date arthritis information, guidance and the best support possible. Their licensed, clinical...

 Main Services: health education , navigating the system , support network , help hotlines , virtual support

Next Steps:

Call 800-283-7800 or go to the program's website.

Serves your state



**Virginia
Arthritis and
Falls
Prevention
Coalition**



**Virginia
Arthritis and
Falls
Prevention
Coalition**

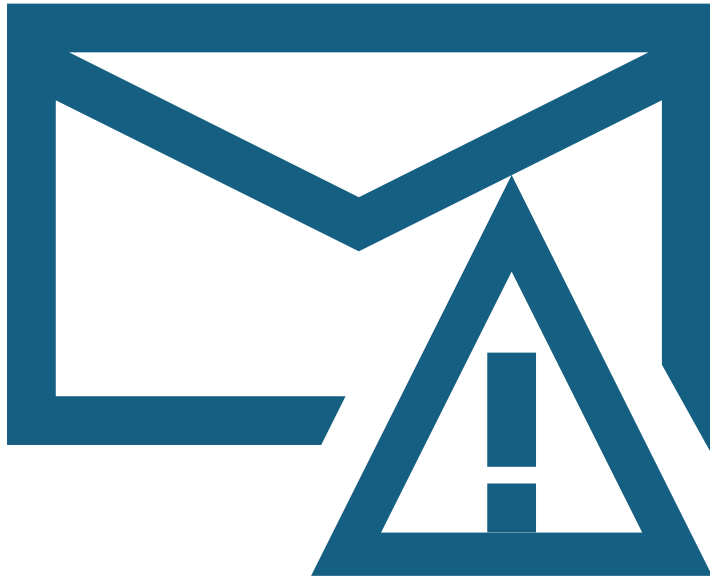
- 70 + members from public and private agencies
- Meets twice a year for 2 hours to provide information:
- May – Arthritis
- September – Falls Prevention
- Updates and information are sent to members periodically



VDH Arthritis Program Resources

<https://www.vdh.virginia.gov/arthritis/>

<https://cvhscommunity.findhelp.com/v2/favorites/public/vdh-walk-with-ease-partners?ref=VDHselfmanagementprograms>



Contact Us...

virginiaarthritisprograms@vdh.virginia.gov