

## ***Active Living with Arthritis Podcast #8***

### **When and How to Tell People at Work about Your Arthritis or Other Rheumatic Condition**

#### **Show Summary**

Arthritis is the most prevalent musculoskeletal condition in adults—and is the single greatest cause of chronic pain and disability among Americans. Work loss, a type of participation restriction specifically tied to work performance and employment, can be substantial among persons with arthritis and can have enormous impact on those affected. Listen as Dr. Saralynn Allaire, renowned disability researcher with a background in vocational rehabilitation, discusses when, if, and how to tell your employer about your arthritis or rheumatic health condition.

#### **Show Outline**

Welcome

Active Living with Arthritis Podcast

Mission: To bring you evidence-based information related to arthritis and rehabilitation.

Organization: The Center for Enhancing Activity and Participation among Persons with Arthritis (ENACT)

Located at Boston University's College of Health and Rehabilitation Sciences: Sargent College.

Mission: "To enhance the lives of people with arthritis through research, training and community-based activities. ENACT strives to change the paradigm for arthritis research and intervention from a focus on disease and limitation to a focus that emphasizes active living and participation."

Host: Karen Jacobs, EdD, OTR/L, CPE, FAOTA. Clinical Professor of Occupational Therapy at Boston University.

Guest: Dr. Saralynn Allaire, ScD, CRC-R

Jingle composer: Sara Crandall, DPT

Faculty mentor: Julie J. Keysor, PT, PhD

Join a discussion of this podcast with [ENACT on Facebook](#)

*Note: No additional external resources are discussed in this podcast. Please find below general disability resources for people with arthritis, as discussed in Podcast #7 “Resources for Employed People with Arthritis or Other Rheumatic Conditions”:*

## Disability Resources for Employed People

### *Disability Websites:*

**Resource:** Government website for disability services, including workplace accommodations/support and reasonable accommodations.

<http://www.disability.gov>

**Resource:** Americans with Disability Act (ADA) homepage

<http://www.ada.gov>

**Resource:** National Network of ADA Centers (DBTAC) American with Disabilities Act (ADA) Technical Assistance Program. This government funded program helps people and employers find out if they, or their employees, are eligible for the ADA and whether a job accommodation is likely to be considered reasonable.

<http://www.adata.org> DBTAC 1-800-949-4232 (toll free/ TTY)

**Resource:** Job Accommodations Network (JAN)- This government funded agency helps people and employers learn about what job accommodations could help them, or their employees, do their work better.

<http://www.jan.wvu.edu> 1-800-526-7234 V/TTY

**Resources:** The Massachusetts Easter Seals Society offers computer evaluation for people with disabilities and health conditions

<http://ma.easterseals.com>

### *National Agencies:*

**Resource:** National agencies for disease-specific support. Find your local chapter!

Arthritis Foundation <http://www.arthritis.org>

Scleroderma Foundation <http://www.scleroderma.org>

Lupus Foundation <http://www.lupus.org>

Multiple Sclerosis Society <http://www.nationalmssociety.org>

Check back soon for the next podcast!

**Contact Information**

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[ENACT on Facebook](#)

[ENACT Disability Resources](#)

[ENACT Mailing List/Newsletter](#)

**Additional Resources**

U.S. Equal Employment Opportunity Commission (EEOC)

<http://www.eeoc.gov> TTY: 1-800-669-6820

U.S. Department of Labor (DOL)

<http://www.dol.gov> TTY: 1-877-889-5627

Work At Home/ Telework as a Reasonable Accommodation

<http://www.eeoc.gov/facts/telework.html>