

Complete all requested information (please print clearly). Today's Date: _____

Patient/Client Information

Last Name: _____ First Name: _____

Address: _____

City, State, Zip Code: _____

Primary Phone: _____ Secondary Phone: _____

Best Time to Call: Morning Afternoon Evening Other:

OK to leave messages at home: Yes No

Email: _____

Date of Birth (MM/DD/YYYY): _____ Gender: Male Female
 Other Decline to Answer

Preferred Language: English Spanish Other:

Provider Information

Provider/Referrer Name: _____

Organization: _____

Address: _____

City, State, Zip Code: _____

Contact Name (if different from Provider/Referrer): _____

Email: _____

Phone: _____ Fax: _____

Referral to Evidence Based Arthritis Programs: Please select the program(s) to which you would like to refer your patient/client. Check all that apply.

Program Name	Description
<input type="checkbox"/> A Matter of Balance	Facilitated by Peer Leaders, group workshops teach techniques to reduce fears of falling and increase activity levels among older adults. Held for eight two-hour sessions. Offered at no cost to adults 60 years of age and older who are ambulatory.
<input type="checkbox"/> Chronic Disease Self-Management	Facilitated by certified Peer Leaders, 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.
<input type="checkbox"/> Chronic Pain Self-Management	Facilitated by certified Peer Leaders, this workshop teaches people ways to manage chronic pain by explaining how medications for chronic pain work, communicating about pain with family and doctors, and debunking myths about chronic pain. 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 experiencing chronic pain with/without a chronic condition.
<input type="checkbox"/> Walk With Ease (Please select the format in which you would like the patient/client to participate.) <input type="checkbox"/> Group <input type="checkbox"/> Self-directed	The Arthritis Foundation Walk With Ease (WWE) program is designed to help people living with arthritis better manage their pain and is ideal for people without arthritis who want to make walking a regular habit. Led by a certified Peer Leader, this program has been shown to reduce pain and increase balance and walking pace. The Group directed format meets six weeks, three times per week at various locations throughout the state. In the Self-directed format, people read the WWE book and walk on their own. Offered at no cost to anyone who can be on their feet for 10 minutes without increased pain.

For more information about referring to evidence-based interventions provided by the Virginia Arthritis Program, please contact Karen Day, Arthritis Coalition Coordinator at (804) 864-7889.

Return complete form via fax to 804-864-7880 or email to Karen.Day@vdh.virginia.gov.