

Creating Effective AgrAbility Program Displays



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Session Learning Objectives:

- *Participants will provide ideas for attractive, informative and engaging displays*
- *Participants will gain knowledge and skills to enhance their AgrAbility display*
- *Participants will learn to critique displays*
- *Ideas will be compiled, categorized and distributed to all attendees*

Tools to Manage Arthritis



- Medication
- Stress Management
- Exercise
- Diet
- Joint Protection

Medication



• A proper regimen is essential for an effective treatment plan.
• Take all medications as directed by physician.
• Tell your doctor if you are taking herbs or supplements to avoid possible interactions with prescribed medications.

Stress Management Skills



- Prevent the onset of stress and change the situation of your activity.
- Develop and use support systems.
- Praise yourself in small.

Exercise



- Check with your doctor before beginning any exercise program.
- Regular exercise can improve pain, mood, flexibility, and overall energy.
- Ask about the Arthritis Foundation's exercise classes and DVD's.

Diet



- Eat a variety of foods.
- Maintain a healthy weight.
- Use sugar, sodium, and alcohol in moderation.

Joint Protection



- Use the largest joint possible.
- Avoid dragging, lightly for very long periods of time.
- Avoid strenuous pushing, pulling, and twisting movements.
- Maintain proper posture.

Osteoarthritis

Osteoarthritis, also known as degenerative arthritis, is the most common form of arthritis. Osteoarthritis damages cartilage and bones causing joint pain, stiffness, and loss of function. Risk factors for developing Osteoarthritis are: Age, Injury, and Weight.



Rheumatoid Arthritis

Rheumatoid Arthritis usually occurs in women between the ages of 30-50. But can also occur in men and children. Rheumatoid Arthritis causes inflammation in the lining of the joint causing warmth, swelling, and pain in the joint. It is a symmetrical disease that can affect the entire body.



Nationally, arthritis as an impact as well...

• Almost 70 million Americans have arthritis.

• Costs to US: \$100 billion annually.

• Arthritis is the #1 cause of disability.

• It affects over the age of 15.



National AgrAbility Project



Promoting Success in Agriculture for People with Disabilities and Their Families

About AgrAbility

• AgrAbility is a national project of the Arthritis Foundation.

• It has over 80,000 agricultural workers.

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AgrAbility



AgrAbility Clients

AgrAbility addresses a wide variety of working conditions in agriculture including, but not limited to:

- Farming
- Horticulture
- Forestry
- Fishing
- Hunting
- Ranching
- Logging
- Mining
- Manufacturing
- Construction
- Transportation
- Retail
- Services
- Education
- Health Care
- Social Services
- Government
- Non-Profit
- Other



For more information, contact:

Arthritis Foundation

1601 Market Street, Suite 100

Philadelphia, PA 19104

215-762-7700

www.arthritis.org

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What is the purpose(s) of an AgrAbility display?

- Consider your target audience
- Prioritizing and selecting the right opportunities based on location, audience, need, and budgets.
- What are you trying to accomplish or communicate?

AGRABILITY

Promoting success in agriculture for people with disabilities and their families



800-825-4264

www.agrability.org

The National AgrAbility Project is supported by the
USDA Cooperative State Research, Education,
and Extension Service

Breaking New Ground Resource Center
Purdue University, 225 S. University St.
West Lafayette, IN 47907

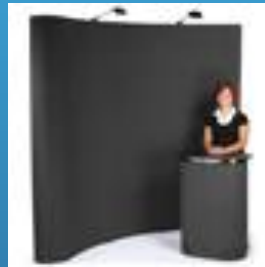
Project Partners:
Goodall Industries International
Athletes Foundation, Williams, CA



How does your display
attract individuals?



Ideas for Display Tools



How does your display
inform individuals?

Arthritis & Agriculture



What is Arthritis?

- Arthritis means "inflammation of a joint" and affects approximately one in three individuals.
- The term "arthritis" actually refers to more than 100 conditions known as rheumatic diseases.
- Proper treatment of arthritis allows many people to continue their normal daily tasks.
- Untreated, arthritis can cause joint deformity and severe pain.

Common Types of Arthritis

- Osteoarthritis:** the breakdown of joint cartilage causing bone surfaces to rub together. This is the most common form of arthritis.
- Rheumatoid Arthritis:** an inflammatory condition primarily affecting the membranes that line and lubricate the joints. This disease can affect the entire body, including organs.
- Gout:** a typically short-term inflammation of the bursa or small sac that acts like a cushion where muscles cross another muscle or bone.
- Tendinitis:** another short-term condition that results from the inflammation of tendons—the fibrous cords that attach muscles to bones.

Managing Arthritis

- Be sure to get a proper diagnosis from your doctor, especially if rheumatoid arthritis or other chronic conditions are suspected.
- Exercise regularly, which may help to improve circulation, strengthen muscles, and relieve or subside symptoms.
- Get proper rest, and don't overexert joints. Conserve your energy and pace yourself.
- Use medications, including over-the-counter pain relievers, as recommended by your physician.

Work Modification

- Organize your work schedule, and rest breaks in order of importance.
- Arrange tasks so they're easy to reach and move, and gather needed supplies before you start working.
- Whenever possible, sit while you work and take the weight off your joints. Keep a chair or stool nearby for rest breaks.
- Alternate difficult jobs with easier ones. This can spread your limited energy over a longer period of time.

Protect Your Joints

- Avoid holding objects tightly for too long. Build up hand and wrist strength.
- Prevent strains with the strongest or least joint possible. Bend your knees to lift—not your back.
- Don't stay in the same position for too long. Take periodic breaks and shift positions frequently.
- Be careful getting in and out of agricultural machinery. Use steps—don't jump. Consider installing automatic latches and lifts to open up the need for getting on and off machines.

Alternative Remedies?

- Some alternative arthritis therapies have been shown to be potentially helpful, while others are outright harmful.
- Certain dietary supplements, like glucosamine & chondroitin, may be helpful.
- Research has not shown any benefits to such interventions as wearing upper braces or sitting in vibration chairs.
- It is important to be an educated—and skeptical—consumer regarding arthritis remedies. Check with your doctor or the Arthritis Foundation.



ARTHRITIS FOUNDATION
Take Control. We Can Help.

www.arthritis.org
800-783-2342

Breaking New Ground

www.breakingnewground.info
800-825-4264



How does your display engage individuals?

- At the event
- Following the event

EXIT

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ARTHRITIS
FOUNDATION®
Take Control. We Can Help.™

The mission of
the Arthritis Foundation
is to improve
lives through
leadership in
the prevention,

ARTHRITIS
FOUNDATION
Take Control. We Can Help.™



Effective Staffing Tips



Effective Staffing Tips

- Problem Solving from Experience



Critiquing Activity

- Using the templates provided, critique 2 displays on exhibit.
- Be prepared to provide constructive criticism.
- Include helpful comments, both negative and positive.



Take Control. We Can Help.™

The mission of
the Arthritis Foundation
is to improve
lives through
leadership in
the prevention,
control, and cure
of arthritis and
its related
diseases.



Critiquing Activity

- Sharing observations
- New ideas



 **Arthritis & Agriculture**
www.arthritis-ag.org • 1-800-783-2342



Arthritis & Agriculture
The Arthritis Foundation and AgrAbility are working together to help people with arthritis and other disabilities live better lives in rural America. We are focused on helping people with disabilities find ways to stay in their communities and live the life they want.


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 **AgrAbility**
Cultivating Accessible Agriculture

The vision of AgrAbility is to enable a high quality lifestyle for farmers, ranchers, and other agricultural workers with disabilities, so that they, their families, and their communities continue to succeed in rural America.



www.agrability.org
800-825-4264

The National AgrAbility Project is a partnership between Washington State University, University of Illinois, Purdue University, University of Minnesota, and University of Wisconsin. It is a national network of state-level AgrAbility projects.

Summary

- Identify your displays purpose (include audience)
- Design a display that is attractive.
- Design a display that is informative.
- Design a display that is engaging.
- Staff your display effectively.

AGrABILITY Arthritis and Agriculture

AGrABILITY



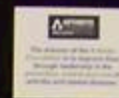
ARTHRITIS FOUNDATION

National Agrability Program
Promoting Awareness of Arthritis in People with Disabilities and Their Families

About Agrability
Agrability is a national program that promotes awareness of arthritis in people with disabilities and their families.

Agrability Clinics
Agrability Clinics are held in various locations across the country.

Agrability Partnerships
Agrability has established partnerships with various organizations.



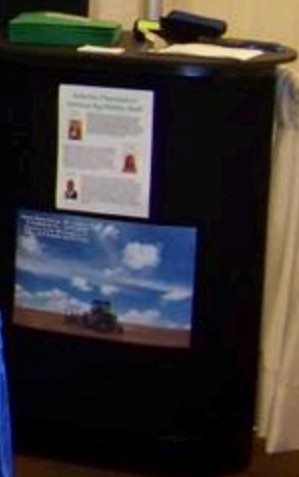
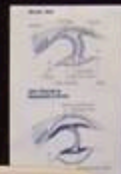
ARTHRITIS FACTS
Arthritis is the leading cause of disability in the United States.

5 MOST COMMON FORMS OF ARTHRITIS
Osteoarthritis
Rheumatoid Arthritis
Gout
Psoriatic Arthritis
Ankylosing Spondylitis

www.agrability.org
www.arthritis.org



10 WAYS YOU CAN PROTECT YOUR JOINTS
1. Maintain a healthy weight
2. Exercise regularly
3. Eat a healthy diet
4. Stay hydrated
5. Avoid smoking
6. Limit alcohol consumption
7. Use proper posture
8. Avoid repetitive motions
9. Use ergonomic tools
10. Get regular checkups



Next Steps

- What will you do as a result of what you have learned?
- Who will be involved?
- What resources (or parts) will be needed?
- When will it happen? What is your timeline?