



I love my job as a personal assistant and definitely need the money as I am a single mom of two busy teenagers. At times, it has been difficult to do everything I want because of my rheumatoid arthritis.

My occupational therapist has helped by:

- **Teaching** me to pace myself.
- **Showing** me joint protection techniques and making splints that help reduce deformity.
- **Advocating** with my employer to reorganize my workload.

I'm surprised at how much easier life is with just a few changes.

Because of occupational therapy, I have a good work life balance.