

Supporting young people with arthritis in school

**Young
People &
Families**

Juvenile Idiopathic Arthritis (JIA) is an autoimmune condition that starts in childhood causing pain, inflammation, and stiffness.

The condition is invisible and often unpredictable. One day a young person may seem perfectly well and the next they can be tired, stiff and in lots of pain, which can often impact on wellbeing. It can be hard to know how to best support a young person with arthritis in school but we have resources to help.



Request
our **free** on-
demand webinar
for school staff.



Download
the Individual
Healthcare and
Education Plan.

Refer
to our
service.



Access
to all school
information.



Watch our schools series of videos and get top tips from young people with arthritis and healthcare professionals

Arthritis and school



Young people living with arthritis share their experience of school.



Managing schoolwork



Top tips on what can help young people with arthritis manage schoolwork, coursework, and exams.



How arthritis makes me feel



The emotional impact of living with a long-term condition.



Physical education



Top tips from young people and healthcare professionals about adaptations for PE.



Support in school



Ideas from young people with arthritis on how to support them in school.



Supporting friends with arthritis



Young people with arthritis share how their friends can support them.



With thanks to the wonderful young people who participated in the filming.