



**ARTHRITIS
NEW ZEALAND**

KAIPONAPONA AOTEAROA

SUPPPORT FOR NEWLY DIAGNOSED



Meet Alice.
Alice is 39 years old and she has been diagnosed with Rheumatoid Arthritis (RA).



Alice's rheumatologist prescribes a treatment plan and refers her to the Support for Newly Diagnosed (SND) service run by Arthritis New Zealand.



Arthritis NZ matches Alice with a trained volunteer with the same condition.



The volunteer, Natalie, has received training in support, arthritis conditions and confidentiality.



Alice finds it is really useful in the first few months after her diagnosis to have someone who knows what she is going through.



Alice and Natalie talk about some of the life issues – managing work, family tasks, making the most of an appointment, etc....



Natalie is a supportive ear, but does not interfere with Alice's treatment.



Natalie is available on the phone and via email.

