



Arthritis NZ
Mateponapona
Aotearoa

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Information, Advice & Support

At Arthritis NZ Mateponapona Aotearoa, our work is driven by a clear mission: improving the lives of every person affected by arthritis. As a national charity, we provide support, information, and advocacy for the thousands of New Zealanders living with joint pain and the over 140 different forms of arthritis.

We understand that navigating life with arthritis can be challenging. That's why a core part of our work is to offer reliable and up-to-date information about different types of arthritis, treatment options, and strategies for managing daily life.

We are a trusted source of advice for individuals recently diagnosed, those who have been living with arthritis for years, and for the wider whānau who support people living with arthritis.

Awareness

We work to increase public awareness about the prevalence and impact of arthritis in New Zealand. We aim to dispel common misconceptions about arthritis and highlight that it affects people of all ages with the overall goal of creating a more understanding and supportive community for people living with arthritis.

Advocacy

We rely on the consumer's voice throughout our work, especially when advocating for the needs of the arthritis community. We help ensure people have access to quality healthcare, support services, and equitable opportunities.

We work with healthcare professionals, policymakers, and other stakeholders to promote policies and initiatives that benefit people living with arthritis. Anyone of any age who has arthritis can get in touch with our friendly team for help with arthritis advice, information, support, resources, or connecting with others.

Our Arthritis Assist team is available on **0800 663 463** or **info@arthritis.org.nz**. People with arthritis can request a free consultation and/or information pack tailored to their needs, covering understanding of their arthritis, treatments, pain management, nutrition, mental health, employment issues and access to other support services. These information packs can be posted to you or emailed.

There is an active arthritis support group in Whangarei and water-based exercise classes are run independently at the Aquatic Centre.



Email Address

info@arthritis.org.nz



Contact Number

0800 663 463



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facebook.com/arthritisnz



Website

www.arthritis.org.nz