

You are Not Alone

Sometimes you can feel very alone when you have a chronic condition (especially if it is a painful one) or you may find it confusing to know what information is accurate and which management strategies are safe and effective.

Whilst these conditions will need active management – the good news is that you can make a positive difference to your health and wellbeing and Arthritis & Osteoporosis Tasmania is here to provide support and guidance.

10 Steps for Living Well with Arthritis

1. Take control by knowing your condition
2. Don't delay, see your doctor
3. Work with your healthcare team
4. Know your treatment options
5. Find new ways to stay active
6. Learn techniques to manage your pain
7. Acknowledge your feelings & seek help
8. Make food choices that count
9. Balance your life
10. Call the Arthritis InfoLine on 1800 011 041

For more information, ring the Arthritis InfoLine 1800 011 041 and request a free copy of the 10 Steps for Living Well with Arthritis booklet or some of our other free resources.



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ARTHRITIS INFOLINE: 1800 011 041

Arthritis & Osteoporosis Tasmania receives funding from the Department of Health to provide information and support services.

Arthritis & Osteoporosis Tasmania is a not-for-profit organisation that provides support and information for all Tasmanians affected by arthritis, osteoporosis and related conditions.

Contact Arthritis & Osteoporosis Tasmania to find out about the range of awareness and education programs, support services and resources available.



**Arthritis &
Osteoporosis**
TASMANIA



OUR SERVICES

Helping you Manage your Arthritis



About Us

A not-for-profit incorporated association, Arthritis & Osteoporosis Tasmania has been supporting the Tasmanian community to reduce the impact of arthritis for over 45 years.

As the only dedicated arthritis and osteoporosis information and support agency in Tasmania, we provide services and programs that are aimed at making a positive difference to the lives of people affected by these conditions.

We understand that living with arthritis and osteoporosis can be a challenge and are here to assist.

What Do We Do?

We're here to help. Visit our Office or call us to find out more about our programs and services, and to book into one of our healthy lifestyle and self-management programs.

We have an extensive range of information resources covering arthritis & osteoporosis; and also current, evidence based management strategies.

Arthritis InfoLine: 1800 011 041

Our InfoLine service is supported by a team of trained volunteers and skilled health educators. We provide information and support to assist you to understand your condition; and importantly, to understand how you can enhance your mobility, function, independence and quality of life. Call our freecall Arthritis InfoLine: 1800 011 041 from anywhere in Tasmania.

Community Information Sessions

Our Community Speakers can present talks on arthritis and related conditions in a range of settings including retirement villages, service clubs and for other community groups.

Aids and Equipment

Aids and equipment can make a big difference to people with arthritis. To view our interactive display, come into our Office or call the InfoLine to discuss what is available to meet your needs.

Warm Water Exercise Program

The Smoother Movers warm water exercise program is an excellent way for people with arthritis to build strength, ease stiff joints and to relax sore muscles.

The Strength Training Program

The Smoother Movers Strength Training program is a light-moderate group exercise program developed especially for people with arthritis-related symptoms. The program is suitable for beginners, and is open to people of all abilities and fitness levels.

The program is run in small group classes. Entry into the program requires completion of a simple over the phone pre-exercise screen.

Smoother Movers Strength Training classes are led by trained exercise professionals so you can be sure that you are exercising safely, correctly and for the most benefit!

Take Charge of Pain

A small group session designed to help participants find ways to manage their pain and work their way towards creating a better quality of life.

The session helps people to understand how physical and emotional well-being affects pain; how to gain practical skills for exercising, nutrition, relaxation, sleeping well; and how to identify barriers and create strategies to reduce the impact of pain.

1 in 4
Tasmanians
live with arthritis