

## *You can help us to help others*

Arthritis Tasmania has been providing information and support services to Tasmanians affected by arthritis and related conditions for over 30 years. We could not provide these services without our wonderful dedicated team of volunteers, who are the lifeblood of the organization.

There's a satisfaction to be gained in volunteer work with us, from learning new skills or using your life experience to help others, or simply knowing that you're putting something back into the community.

Arthritis is the number one cause of chronic pain and disability in Australia today yet many people know little about it or how to deal with it successfully.

This is an opportunity to learn new skills and to help us to help others.

Volunteers are covered under Arthritis Tasmania's public liability, professional indemnity and accident and injury insurance covers.

Arthritis Tasmania is currently looking for help in the following areas.



## **Telephone Information Service**

These volunteers take calls from the public asking about arthritis or other related conditions. Thorough training is provided and there is staff back-up at all times. When you work in this area you'll talk to a wide range of callers. Examples include school children with projects, people diagnosed with conditions they've never heard of previously, and health professionals wanting to improve their understanding of arthritis. We ask for a weekly or fortnightly shift of four hours at our offices in Argyle Street, Hobart. There is also the possibility to do casual relief if a regular commitment is not possible.



## **Community Speakers Club**

Volunteers are trained in presenting talks on arthritis and related conditions, enabling us to reach thousands more people in retirement villages, service clubs, fitness centres and other venues. Time commitment is variable, being based on requests for speakers. Interested volunteers must be comfortable speaking to groups, have the ability to learn and share basic arthritis information, be available as requests for speakers come in, and have transport to get to group presentations (out of pocket expenses will be reimbursed).

## **Self-Management Course Leaders**

Our self-management program, known as 'Get the Most Out of Life' is internationally recognized. Well constructed and practical, it has helped many people to learn how to manage their arthritis, osteoporosis or other ongoing health condition. We train volunteers to co-lead these courses with another volunteer or health professional. No previous teaching experience is necessary. Some of our most successful leaders are people who have arthritis or are close to someone who has arthritis.



## **Media Volunteer**



From time to time Arthritis Tasmania receives requests from journalists for volunteers to be 'case studies' for newspaper articles or radio/television programs, and give their personal perspective on living with arthritis. If you have arthritis and would like to be offered the opportunity to tell your story please let us know.

Agreeing to be a media volunteer does not mean you are obligated to be interviewed. You will always be contacted by Arthritis Tasmania before your details are passed to any media outlet.

## Community Exercise Leaders

People with arthritis can benefit from a range of community exercise programs offered by Arthritis Tasmania. These include warm water exercise (the *Smoother Movers* Program); chair based exercise (the *Fitter Sitters* Program); and Tai Chi for Arthritis (beginners and advanced program).



People with arthritis gain particular benefit from moving their joints in warm water. It offers support with the water buoyancy to help joints to become more flexible and muscles stronger while minimizing the risk of pain or strain. Chair based exercises are suited to those who have not participated in exercise programs for a while or have mobility impairment. It is a good way to slowly build up the activity regime within individual capabilities. Tai Chi for Arthritis is a gentle 'sun' style tai chi program devised by Sydney GP Dr Paul Lam. This program is suitable for any fitness level and can even be done sitting down.

Volunteer leaders for these programs are given professional instruction (Arthritis Tasmania is a Registered Training Organisation) and having someone with a similar condition leading the class makes a great difference to participants. It encourages everyone to share the enjoyment of exercise.

Would you like to share the benefits by becoming a volunteer leader?

## Arthritis Tasmania (incorporating Osteoporosis Tasmania)

*Founded over thirty years ago, Arthritis Tasmania is the leading arthritis support agency in Tasmania providing information, education and community support services to Tasmanians affected by arthritis, osteoporosis and related conditions.*

*Arthritis Tasmania's mission is to minimize the impact of arthritis and related conditions on all Tasmanians.*

### More Information

Contact Arthritis Tasmania on (03) 6231 2988 or visit our offices at the address below to find out more.



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## Volunteer Opportunities at

ARTHRTIS TASMANIA  
(INCORPORATING OSTEOPOROSIS TASMANIA)



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