

# Arthritis & Osteoporosis

NEW SOUTH WALES

- SINCE 1967 -



Community Education  
Sessions

## Community Education Sessions

### The role of Community Education programs

For people living with a chronic health condition such as arthritis, the health system can seem impersonal and impractical. An inhibiting factor to patients feeling involved in their own health care is the prevailing medical model that sees the patient as a passive recipient of treatment and advice. The clinical nature of medical care doesn't take sufficient account of how people live their lives or how they'd like to. The focus is on managing disease, not promoting well-being.

Community-based education programs play an important role in promoting the effective self-management of chronic health conditions such as arthritis. When delivered by a trusted organisation such as Arthritis NSW, there are multiple benefits for participants:

- A better understanding of their disease – the causes and affects
- Knowledge about self-managements strategies
- Skills and tips on how to implement self-management strategies
- Opportunities for peer education and support
- Ability to connect with the health-trained facilitator for further referral
- Evidence-based and consumer friendly information resources for ongoing reference
- Confidence and motivation to initiate beneficial life-style change

The community-based education sessions delivered by Arthritis NSW maintain a focus on *Living Well with Arthritis*. Each session is adapted to the profile and needs of the audience, whether that be a retirement village, young people facing the challenges of juvenile arthritis, or a local special interest group.

### Course Outline & Conditions

The full series of AONSW Community Educations Sessions comprises eight topics, outlined on the following page. Topics can be delivered singularly or as a package (with discounted rates applicable) over a six to twelve month period. Each topic is delivered in a one-hour session.

Organisations wishing to book either one or a series community education sessions on behalf of their members, staff or community should complete and return the enclosed Booking Form. Please take note of the following requirements:

- A minimum of 10 and maximum of 35 people per session is requested.
- Sessions can only be booked with a minimum 4-week notice period.
- Organisations are to provide a suitably sized and equipped venue for the education sessions.
- Full payment is required in advance of each session.



## Arthritis NSW Community Education Sessions - Topics

### Managing Arthritis

- **Description:** Managing Arthritis gives a broader understanding of the many management strategies that can be successfully employed to manage arthritis and maintain a good quality of life.

### Nutrition & Arthritis

- **Description:** Provides an understanding of the contribution nutrition can play in managing arthritis effectively. This encompasses discussion on the five food groups and portion considerations, the importance of weight management for arthritic management and practical tips for healthy eating.

### Exercise, Physical Activity & Arthritis

- **Description:** Provides an understanding of the significant role exercise plays in managing arthritis. This presentation offers insight into the different types of exercise that can benefit people living with arthritis and recommendations and guidance on who to see and how to get started.

### Pain Management & Arthritis

- **Description:** Provides an understanding of how different pain-management strategies can be employed to help with the pain associated with arthritis. This involves explaining the mechanisms of pain and how it is experienced with arthritis. It also educates the participant on the various pain management strategies (both pharmacological and non-pharmacological) that can be employed to help live with Pain.

### Complementary Medicines and Alternative Approaches

- **Description:** Complementary medicines and alternative approaches is a presentation designed to give recipients information on the kinds of complementary medicines and therapies that are associated with Arthritis. It highlights some important considerations when dealing with complimentary medicines and alternative approaches (CAMS) with respect to the evidence for their use, efficacy and safety.

### Shoulder Pain

- **Description:** A dedicated presentation has been tailored to discuss arthritis of the shoulder. This presentation orientates the participant to the anatomy and function of the shoulder as well as explaining the common causes of arthritic change to the joint and exercise that may help to maintain or restore function and reduce pain.

### Osteoporosis

- **Description:** This presentation explains the important functions of healthy bones as well as the risk factors associated with the development of Osteoporosis. It provides insight into the most significant management strategies that can be employed by an individual in addition to medications and surgical treatment.

### Falls Prevention: Staying on your feet

- **Description:** Builds awareness of the major risk factors for falls and how to avoid them. Covers exercise for improved balance, and other tips to prevent falls around the home.



Our Vision

*Freedom from Arthritis*

**Contact us:**

Arthritis Infoline: 1800 011 041

Phone: 02 9857 3300

Email: [info@arthritismsw.org.au](mailto:info@arthritismsw.org.au)

**Connect with us online:**

[www.arthritis.org.au](http://www.arthritis.org.au)

Subscribe to our free monthly eNews: [eepurl.com/9rFd5](http://eepurl.com/9rFd5)

[www.facebook.com/ArthritisNSW/](https://www.facebook.com/ArthritisNSW/)

**Postal Address:**

Arthritis & Osteoporosis NSW

Locked Bag 2216 North Ryde NSW 2113



Authority to fundraise: CFN12845

ABN: 64 528 634 894

# AONSW Community Education Sessions

## ‘Living Well with Arthritis’

### EXPRESSION OF INTEREST / BOOKING FORM

#### ORGANISATION & CONTACT DETAILS

Organisation Name:		
Branch Name (if applicable):		
Postal Address:		
		Postcode:
Contact Person:		
Position:		
Office telephone:		Mobile:
Email address:		

#### PREFERENCES FOR COMMUNITY EDUCATION SESSIONS

Venue Name*:		
Venue Address:		
		Postcode:
Preferred day(s):		
Preferred Time:		
Expected Audience No.**:		
Audience Profile: <i>(e.g. special interests, needs)</i>		
Topic Name	✓ if interested	*** Preferred Month / Year
1. Managing Arthritis		
2. Nutrition & Arthritis		
3. Exercise, Physical Activity & Arthritis		
4. Pain Management & Arthritis		
5. Complementary Medicines & Alternative Approaches		
6. Shoulder Pain		
7. Osteoporosis		
8. Falls Prevention: Staying on your feet		
Number of Topics / Sessions of interest:		
Date form submitted:		

#### Costs

x1 Topic / Session: \$175      x2 Topics / Sessions: \$315      x3 Topics / Sessions: \$450  
 x4 Topics / Sessions: \$600      More than 4 Topics / Sessions: price on application  
 Full payment will be required in advance of each session.

\* Organisations are to provide a suitably sized and equipped venue for the education sessions.

\*\* A minimum of 10 and maximum of 35 people per session is requested.

\*\*\* Sessions can only be booked with a minimum 4-week notice period.

**PLEASE COMPLETE THIS FORM & RETURN TO:**

[info@arthritismsw.org.au](mailto:info@arthritismsw.org.au)

Or phone us on 02 9857 3300