

Arthritis Queensland (inc. Osteoporosis Qld)

Strategic Plan 2014 – 2016



Vision

*Healthy bones and joints
for all Queenslanders.*

Mission

*Enabling Queenslanders
with, or at risk of, arthritis
and osteoporosis to better
manage their wellbeing.*

Looking forward...

Arthritis Queensland (inc. Osteoporosis Qld) is a small not-for-profit organization, providing education, information, and support services for the more than a million Queensland children and adults living with arthritis or osteoporosis.

Arthritis Queensland also provides financial support for research into treatments, and ultimately a cure for the more than 100 forms of arthritis.

The Arthritis Queensland 2014 – 2016 Strategic Plan articulates a bold future and a commitment to providing a positive impact on the quality of life of people with these painful and disabling conditions, achieved through evidence-based practice. At the heart of this plan is a passion to influence people to live healthier and more active lives, despite their condition. Our mission and vision underpin the strategic goals of Arthritis Queensland.

Strategic Plan 2014 - 2016

1. Client outcomes

Arthritis Queensland will build the ability of Queenslanders living with arthritis and osteoporosis to live positively with their conditions through relevant, diverse services underpinned by the principles of self-management¹

- a. Raised understanding **within the sector** of the significance of arthritis and osteoporosis on the lives of people living with the conditions
- b. Increased diversity of cohorts being supported
- c. Improved targeting of programs for the different segments of our cohort

We will know we have succeeded when:

- a. Arthritis Queensland has developed relationships with influential stakeholders e.g. Medicare Locals, to raise awareness of the importance of management of arthritis and osteoporosis
- b. Numbers of people engaging with Arthritis Queensland through the Helpline, web, and program participation are increasing
- c. New cohorts, including health professionals, have been engaged and products have been developed for diverse populations, and in diverse formats
- d. We are supporting people from multicultural and indigenous backgrounds in a culturally sensitive manner
- e. Each program is evidence based and has a robust evaluation process.

2. Awareness of Arthritis Queensland as the peak body.

Arthritis Queensland will raise awareness of Arthritis Queensland's Mission, Vision, and services, amongst our influential stakeholders, funders, and the general Queensland community.

- a. Arthritis Queensland is the recognized voice **within the community** about all matters pertaining to musculoskeletal conditions
- b. Arthritis Queensland uses its position as a peak body to advocate for the needs of Queenslanders living with arthritis and osteoporosis

We will know we have succeeded when:

- c. Annual indicators show that awareness of Arthritis Queensland is increasing in each group outlined above
- d. Increased incidences of community agencies seeking Arthritis Queensland's advice when arthritis and osteoporosis are under public discussion.

ARTHRITIS AFFECTS CHILDREN AND YOUNG PEOPLE TOO ...

3. Organisational efficiency and effectiveness

Arthritis Queensland will be a financially stable, agile, and innovative organisation by:

- a. Strengthening current income streams
- b. Diversifying income streams i.e. adding income generating programs
- c. Strengthening governance and compliance frameworks including robust quality improvement and risk management systems
- d. Valuing our staff and volunteers and celebrating their successes.

We will know we have succeeded when:

- e. Arthritis Queensland has diversified income sources
- f. Arthritis Queensland has increased overall income
- g. Designated new programs are 'break even' or create a surplus.
- h. Arthritis Queensland's policies and procedures reflect best practice and are in compliance with legislation.
- i. Arthritis Queensland has formal processes for acknowledging staff and volunteer success.

4. Research

Arthritis Queensland will use its research corpus efficiently and effectively to fund research which improves quality of life for our constituents

We will know we have succeeded when:

- a. Our analysis of the studies which AQ funds show that research objectives have been met
- b. Arthritis Queensland is recognized within the sector as a valuable contributor to research into musculoskeletal conditions
- c. Raised sector and community awareness of Arthritis Queensland's financial contribution to research.

5. National activities

Arthritis Queensland is a positive contributor to national activities and programs led by Arthritis Australia and the state based affiliate organisations

- a. In both fundraising and consumer programs, and within its capacity, Arthritis Queensland is an active and positive member of the affiliate/Arthritis Australia cohort

We will know we have succeeded when:

- a. Arthritis Queensland participates in national consumer programs approved by the Arthritis Queensland board
- b. Arthritis Queensland participates in relevant, co-operative, national fundraising programs

¹ 'Self-management is what **the client** does to better manage their condition(s) and describes the strategies that individuals use to manage the disease process itself, any emotional impacts of living with the condition, and the changes that occur to every day living as a result of the condition' accessed from http://www.selfmanagement.health.wa.gov.au/index.php?option=com_content&view=article&id=30&Itemid=90 on 8 January 2013.

Arthritis in Australia

Arthritis comprises over 100 conditions affecting joints of the body. Osteoarthritis, rheumatoid arthritis, osteoporosis, and back problems are the four most prevalent conditions under the 'arthritis and musculoskeletal conditions' National Health Priority Area. In 2012, there were an estimated 6.1 million cases of arthritis and other musculoskeletal conditions in Australia (26.9% of the population, including 1.9 million people with osteoarthritis, .8 million with osteoporosis, and .5 million with rheumatoid arthritis).

More than half of those with musculoskeletal conditions (58.6%) are currently between the ages of 25 and 64 years – the prime working age population. By 2032, it is projected that the number of cases of arthritis and other musculoskeletal conditions will be 8.7 million (32% of the population).

People with arthritis can be affected in many different ways but the most common symptoms are pain, joint stiffness, swelling in one or more joints, fatigue and loss of function (notably manual dexterity, strength and mobility). Some forms also affect tissues and organs of the body e.g. respiratory or cardiac systems. Children get arthritis too (juvenile idiopathic arthritis JIA).

Different types of arthritis can cause varying degrees of functional impairment. Impairment may be chronic and progressive or episodic, with 'flares' that come and go without warning. Most severe forms of arthritis can cause permanent joint damage and disability.

In 2012, the total cost of arthritis and other musculoskeletal conditions in Australia was estimated as \$55.1 billion. Costs include but are not limited to health costs, lost productivity, reduced employment capability, premature death, and carer costs. Arthritis and musculoskeletal conditions are the leading causes **by far** of disability in Australia, accounting for nearly one in three people with a disability or receiving the Disability Support Pension.

Arthritis is often referred to as a 'hidden disability'. A person struggling with arthritis may not have a visible disability but may endure constant pain, joint restriction, chronic fatigue and associated functional and mobility issues.

There is no cure for arthritis.

Information in this report has been accessed from 'A Problem Worth Solving' a report produced by Deloitte Access Economics on behalf of Arthritis and Osteoporosis Victoria.

Osteoporosis in Australia

Osteoporosis is a common condition, where bones become fragile and brittle leading to a higher risk of fractures, than in normal bone. Osteoporosis occurs when bones lose minerals, such as calcium, more quickly than the body can replace them, leading to a loss of bone thickness (bone density or mass). Osteoporosis affects over one million Australians.

As bones become thinner and less dense, even a minor bump or fall can cause serious fractures. These are known as 'minimal trauma' fractures. A 'fracture' is a complete or partial break in a bone. Any bone can be affected by osteoporosis, but the most common sites are the hip, spine, wrist, upper arm, ribs or forearm. Osteoporosis usually has no symptoms until a fracture occurs - this is why osteoporosis is often called the 'silent disease'.

Information in this report has been accessed from Osteoporosis Australia www.osteoporosis.org.au

Call the
Free Helpline



1800 011 041

or visit

www.arthritis.org.au

Arthritis

QUEENSLAND

inc. OSTEOPOROSIS QUEENSLAND

