New tips support people with arthritis to manage at work

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Arthritis Care has launched a new information booklet to help people with arthritis to manage their careers, including practical tips for coping in the workplace.

The free booklet, Working with Arthritis, covers everything from maintaining good posture, employers' legal obligations, equipment adjustments and flexible working. It also gives practical tips for getting back into work, education and training, and discusses options if working is no longer possible

Arthritis affects one in five adults in the UK, with musculoskeletal conditions being the most prevalent conditions in the UK's working age population. It's widely recognised that being in employment can have a positive impact on a person's health and well-being, but many people don't have access to the support they need.

Rina Lakha Pattani who was diagnosed with rheumatoid arthritis 8 years ago, has been able to stay in her full time job, thanks to a flexible and supportive employer. She now works from home which allows her to work around the pain and fatigue caused by her arthritis.

Rina, said: "My advice to anyone in a similar position would be to speak to your employer openly and honestly. They have a legal obligation to make reasonable adjustments under the Equality Act and most employers would be keen to keep you on, especially if you've worked there for some time. It's much easier to work flexible hours these days, especially with technology to connect you anytime anywhere; I now work from home full time, if I wasn't able to I don't know how I'd be able to cope."

Rina's line manager Dickie Bielenberg, Managing Director Value +, Conduent, said: "There are so many simple ways employers can support people with arthritis in the workplace. Rina and I discussed her requirements and decided that she would be able to work effectively from home. It's worked really well, the changes have been simple to make and I've been able to retain a valuable member of staff."

More details on working well with arthritis can be found in Arthritis Care's Working with Arthritis booklet. To order your free copy call 0800 800 4050 or visit arthritiscare.org.uk/work

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