

Election Checklist

6 questions to ask about health policy



Voting in New Zealand will start on **26 October**, 12 days before Election Day on **Saturday 7 November**.

As you look at the different health policies, consider how they will affect your ability to live well with arthritis.



1

Will people be able to get help early?

Early support can reduce pain, protect joints and help people stay independent for longer.

Ask yourself:



Will this help people get the right support before their arthritis becomes disabling?



2

Will important services be affordable and accessible?

This includes GP and nurse consultations, physiotherapy, medications, diagnostics and other allied health services.

Ask yourself:



Will people be able to access the care they need, when they need it, without financial stress?



3

Is there investment in community support and self-management?

Community programmes, education and self-management support help people build confidence and skills.

Ask yourself:



Will this support people to manage their health and live well in their own communities?



4

Will people have opportunities to stay active and participate?

Access to exercise, pools, transport, accessible environments and inclusive communities makes a big difference.

Ask yourself:



Will this make it easier for people with arthritis to stay active and connected?



5

Is whole-person health recognised?

Arthritis affects more than joints. Pain, fatigue, sleep, mental wellbeing, work and everyday function all matter.

Ask yourself:



Does this policy recognise what really matters to people living with arthritis?



6

Will there be fairness and equity for everyone?

Everyone should have a fair opportunity to access the support they need, no matter where they live or who they are.

Ask yourself:



Will this help reduce inequities for Māori, Pacific peoples, disabled people, rural communities and those facing financial barriers?



Your vote is your chance to shape a healthier New Zealand.

Think about what will help you and others with arthritis live well today – and into the future.

Make your voice count. ❤️



For support and information about living well with arthritis, visit arthritis.org.nz or call Arthritis Assist on 0800 663 463.