

Five questions to ask yourself before talking to your employer

Before asking for workplace adjustments, spend a few minutes reflecting on these questions.

1. What is the biggest challenge I face at work because of my arthritis?

Be specific. Is it standing, typing, driving, lifting, fatigue or something else?

2. When does it affect me the most?

Is it first thing in the morning? After lunch? During flare-ups? At the end of the week?

Understanding patterns helps identify practical solutions.

3. What changes do I think would help?

Think about equipment, flexible hours, different ways of completing tasks, regular breaks or changes to your workspace.

Remember: small adjustments often make the biggest difference.

4. What can I continue doing well?

It's easy to focus on what's difficult, but recognising your strengths helps create a balanced conversation and reminds your employer of the valuable contribution you make.

5. What outcome am I hoping for?

Think about the one or two changes that would have the greatest impact.

A successful conversation isn't about fixing everything, it's about finding practical solutions that help you continue working well while managing your arthritis.

Need some support?

If you're unsure where to start, the Arthritis Assist team can help you prepare for these conversations and explore practical strategies tailored to your situation. Contact details below:

**Learn more
and find support**



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