Young People

LIVING WITH JIA

Get the most out of your time at school, TAFE or Uni

Musculoskeletal Health Australia
Knowledge. Choice. Connection.

FREE HELPLINE 1800 263 265

Soooooo...

you've been diagnosed with juvenile idiopathic arthritis (JIA) or another type of musculoskeletal condition (e.g. lupus, back pain, scoliosis, fibromyalgia) and you're wondering how you'll get the most out of your time at school, TAFE or Uni? Well, we're here to help!

This resource has been developed to help you work with your school so that the time you spend at there is as happy and productive as possible.

Note – for ease of use, throughout this booklet we'll use the term arthritis, or JIA, to cover all juvenile forms of musculoskeletal conditions. We'll also use the term school to cover other learning environments such as Universities or TAFE. Please also note that this resource is intended for use from year 7 through to your move into the workforce so some parts may not be relevant to your current stage.

The good news...

is that we live in an age where there are a lot of fantastic medications available to help young people living with JIA or other musculoskeletal conditions. If you're in pain and struggling to get to school or work or catch up with your friends or do whatever matters to you, talk to your rheuamtology team. There are different medications that can be used and different approaches to take. Many young people will move into medication remission once on the correct medication and many of those will then move off medication all together.

Most people diagnosed with JIA will go on to lead healthy, fulfilling and productive lives. Working, travelling and having families should they wish. The future is bright!

Talk openly...

One of the most important things you can do, is develop positive, honest and open communication with your school and teachers. Find a teacher that you trust – it might be your homeroom teacher, your year level coordinator or school counsellor, and make sure they're kept in the loop about any issues that may arise. If you're having a flare up, you're in pain, or finding certain activities difficult, make sure this teacher is made aware of this. If you're undertaking further education, you'll find that most universities and TAFEs have a department that specialises in disability services. Pop in, have a chat and find out what the process is.

At the start of each school year (or term) give new teachers a link to this booklet so they understand a little more about what arthritis is and that it's an episodic condition. That means that there will be times (days, weeks) when you may feel extremely well, and able to do most things, while at other times you may have a lot of pain and be restricted in your activities. This is the unpredictable and frustrating nature of arthritis!

It's up to you to decide how much and what information you want to share with your school. But keep in mind that if staff aren't aware, they're less able to fully support you. You may want to consider asking your GP for a letter to share with teachers and staff for this purpose.

Then, decide who'll be responsible for sharing information with whom, in what way and when, so that everyone is comfortable.

Managing your condition

Follow the plan that your health professionals have developed.

That means taking medications as they've been prescribed, doing the exercises the physiotherapist and/or occupational therapist have provided, and letting your doctor know of any changes to your symptoms and how you're feeling.

Stay active

Physical activity is really important for maintaining muscle strength, joint flexibility and managing pain. It's also vital for so many other reasons such as: growing strong bones, helping you get a good night's sleep, maintaining a healthy weight, improving mood, and staying connected with your friends and schoolmates. A physiotherapist or exercise physiologist can help design an individual program for you and can provide advice on how you can remain active and involved in school and extra-curricular sports.

Learn ways to manage pain

From heat and cold treatments, to distraction, massage and medication, there are many ways you can manage pain. Learning about these different techniques, and when to use them, will help you take control of your condition and manage your pain. Your doctor, pharmacist, physio, psychologist and friendly team on our free Helpline (1800 263 265) can help you with pain management techniques. Check out our pain resources page and our A-Z pain guide at muscha.org

Eat well

While there’s no diet that can cure arthritis, a healthy and well-balanced diet is the best for good health. Keeping to a healthy weight is also important as extra weight puts added strain on your joints, especially load bearing joints such as hips, knee and ankles. Talk with your doctor or a dietitian if you need help with nutrition and/or weight management issues.

Protect joints

There are a huge variety of aids, equipment and gadgets that can make activities easier, from an ergonomic mouse for your computer, to walking aids, and foam rubber to make pens, brushes and cutlery handles easier to grip. An occupational therapist can give you advice on available equipment, as well as techniques to reduce strain on joints.

Stay at school

Attending school is important for your health, wellbeing, education and connection to your friends. If you find that you have periods where you are missing a lot of school, or having difficulties keeping up, talk to your doctor, allied health professionals and teachers about ways to help stay at school, and keep up with your schoolwork.

Tips and strategies to help at school

Writing, art utensils, technology

These may be hard for some young people with arthritis to hold and use. Thick brushes or special grips may help with writing, drawing or painting. Try adding hollow foam tubing (from the hardware store) to existing pencils, brushes etc, to save on buying completely new equipment.

You may also qualify to use a tablet or laptop for writing at school. You may need to get an assessment from an Occupational Therapist (OT) who can talk with you about ergonomic products that can help. If you see your rheumatologist at a public hospital, they may be able to recommend an OT, within the hospital meaning no out of pocket costs for you.

Standing or sitting in one position

This may be difficult. Speak with your teacher about moving around or taking small breaks. Perhaps you can run an errand for your teacher or just scrunch up some paper and walk to the recycling bin – anything to keep moving. Sit to stand desks can be another option you can talk with an OT about.

Lunchboxes

Containers can often be tricky to open, especially if you have arthritis in your hands. Shop around, and try out as many lunchboxes as necessary, until you find the one that works for you.

Modified uniforms

Modifying uniforms with elastic waist bands instead of buttons or zippers may make clothing changes for PE/swimming easier. School shoes that are fastened with Velcro, rather than laces may be a better option at this stage as are good runners that provide ankle support

Stickers, wrist bands, hair ties and badges

These are an easy, visual way to let your teachers know how you're feeling without bringing too much attention to yourself. For example, green = go, I'm feeling fine, yellow = caution, I'm a bit sore, red = stop, I'm having a bad day today.

Exams

Note: the names of the completion certificates vary across the country, e.g., VCE in Victoria and HSC in NSW. In this section, we refer to them all collectively as SSCE meaning Senior Secondary Certificates of Education.

So, you're heading into your exams! Whether it's school, TAFE or Uni, no doubt it's a busy time for you. And perhaps you've heard from friends and others who've already gone through it that it's a lot of hard work. This may be making you a bit worried about how your body's going to hold up. It's ok to feel like this, but we've got plenty of tips and resources so that you can deal with the challenges and get on with your studies. And in doing so you can make these years as successful and enjoyable as possible.

If you're completing your final years of secondary school, keep in mind that there are lots of different options for completing your SSCE. You may choose to do it over 3 years rather than 2 or do less subjects or an ungraded SSCE. It's a matter of talking with your parents or guardian and your school and working out what works best for you. At Uni and TAFE, you'll find that things are usually even more flexible.

All students should have the opportunity to sit their exams on as level a playing field as possible. This means that your arthritis or musculoskeletal condition shouldn’t put you at a disadvantage to your peers. So, as exam time approaches, it’s important to remember that you may be eligible for special consideration. This could include extra time to do your exam, take breaks, use a keyboard instead of handwriting, accessing your medication, heat and cold packs and more.

The process differs depending which state or territory you live in so check out the Curriculum and Assessment Authority links at the end of this booklet for more information. Your school will help you with this, and they’ll lodge the application on your behalf. The system will differ from Uni to Uni or TAFE to TAFE so make sure you’ve been in contact with the people at disability services on your campus to see how the process works.

Start early

Special exam arrangements aren't just for your final exams. If you live with a chronic condition (like arthritis), you can apply to have them in place right through your schooling to cover things like NAPLAN. But many students first apply for special exam arrangements as they approach their final school years.

Some students will be doing a final year subject in year 11, so if that's you, you'll want to start thinking about the process of applying for special consideration at the end of year 10. Speak with your rheumatologist about it, as they'll have to write a letter supporting your need for special consideration. If your hands are affected it might also be a good time to make an appointment with the hospital's occupational therapist. They can do a writing assessment to see if you'd benefit from a laptop/keyboard and recommend other aids to help you. In the public hospital system, you might need to wait a few months, so again, start the process early!

Speak with the head of senior school or find out who is responsible for managing special exam arrangements in your school. Make sure they're aware of your limitations and ask them for a list of anything they need you to provide.

Have a support system in place

Make sure you have a support system in place at school. If you feel comfortable in doing so, it's a great idea to talk openly with your teachers and the head of senior school so that they know your needs and limitations and can offer help around test or exam time. This is when it's particularly important to have that one teacher who's your main point of contact so that, if you're unwell or need to take time off school, you can deal with any issues through them.

After significant appointments it may be helpful to take into school a doctor's letter or organise a quick meeting with teachers to keep them in the loop. You may also find that by keeping your teachers updated regularly, they're better able to understand your condition. Then, when exam time comes around, you've already got that support system in place which makes it easier to organise the help you may need.

Manage stress

Yes, it's easier said than done, but if you put some plans in place and find some strategies that work for you, exam periods really don't have to be that stressful. If stress tends to make your symptoms flare, check out our A-Z pain guide and the pain section of our website for tips on dealing with pain. Find things you enjoy that make you feel great. It might be something active like a walk with a friend or a game of soccer, or perhaps you enjoy meditation, music, gaming or colouring in. Whatever it is, have some options you know work for you, and use them as soon as you feel the stress starting to build.

Check, and check again

Once you've got the paperwork in place, check with your school to see if there's anything else they need from you. If you haven't had confirmation to say your special consideration has been approved, don't be afraid to ask them to follow it up. The creaky gate gets the oil!

Things may change as you get closer to exams. Perhaps you have a flare-up and find that you can't sit for long periods. Keep the lines of communication open with your contact person at school and make sure they know what's going on. They can always make later applications for amendments to your plan – for example, a stand-up/sit-down desk to help manage back pain.

The other stuff...

Sex, drugs and rock’n’roll.

Your teenage years and those of your early 20s are a time of great change. From the early days of puberty to becoming a young adult, your body will undergo a mammoth upheaval! But if you look around you, every adult you see has gone through it too, so you know you’re going to come out the other end in one piece! But it’s important to remember that everyone changes at a different rate so the changes happening to you are unlikely to be identical to the changes that are happening to your best friends. And, sometimes, the medications used for conditions like JIA can slow down these changes and inhibit our growth so don’t be afraid to speak with your rheumatologist if you have any concerns.

These years are usually when you’re first exposed to parties, alcohol and other drugs. Drinking alcohol excessively or engaging in illegal drugs is damaging to everyone’s health but there are specific issues that need to be considered if you live with JIA or another musculoskeletal condition. Medications can have interactions with alcohol and drugs, so talk to your rheumatologist or pharmacist to ensure you will be safe. Certain medications such as methotrexate mean that consuming alcohol increases the risk of liver damage. Your rheumatologist will be running regular blood tests to ensure that your liver results remain in the normal range but speak with them if you are drinking more than a couple of drinks at a time.

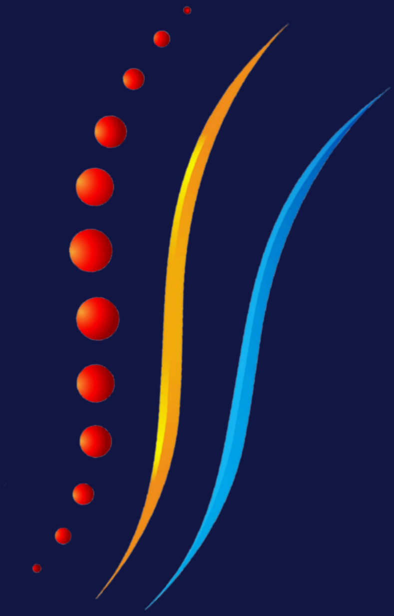
Relationships may also start to become important to you as you move through this period of your life. Arthur’s Place is a fabulous UK website for young adults with musculoskeletal conditions and it gets right into the nitty gritty of life, love and relationships. You’ll find all sorts of info here including important things like how to have a healthy sex life with arthritis to surviving music festivals with a chronic health condition.

Transition to adult care

Did you know that almost half of adolescent rheumatology patients who move to adult care are lost to follow up within 2 years? It's a pretty shocking statistic, isn't it? Transition is a process that ideally should take place over several years as you learn to be more independent and responsible for your own care. Transition covers the basics like knowing what medication you're on and how to make or change an appointment, to things such as alcohol, sexual health and whether or not to disclose you have a medical condition at uni/TAFE or when you start their first job. Check out our transition resources here https://msk.org.au/msk-kids-transition

Working

So you've managed to nab yourself a part time job at your local supermarket or you've just taken the first step in your chosen career. Whatever rung you're on on the work ladder, congratulations! Now, how much do you disclose? Do you put your condition on your CV or bring it up only if it becomes an issue? Well, like disclosing at school, it's totally up to you but again your employer can't be supportive if they don't know what's going on. It might depend on the type of work you will be doing and the areas the affect you most. If you're going to be standing for 8 hours straight and your knees are badly affected, then you might need some accommodations in place. You can take a look at some of the links at the end of this booklet for advice on your rights in the workplace.



Family planning.

You've got through study, you're out working, you've found that special someone and you're starting to think about the pitter patter of tiny feet.Woo hoo! Before you start trying, speak with your rheumatologist to check what medications you are on and whether these are suitable or not. Some medications, such as methotrexate, can cause significant birth abnormalities so it's important to be off these before you start trying!

For

Teachers & employers

What is juvenile idiopathic arthritis?

Most people think that arthritis only affects older people. The truth is one in 800 Australian children has a form of juvenile arthritis (JIA). This figure is likely to be far higher if we consider other musculoskeletal conditions that can affect children and young people such as back pain, lupus and fibromyalgia. Although young people are officially diagnosed with JIA up to the age of 16, once they are diagnosed with JIA they will continue to carry that label with them for as long as their disease remains active. So yes, a 45-year-old with juvenile arthritis might sound odd but it's correct! Often, once a young person leaves secondary school it's referred to as juvenile onset arthritis.

JIA is one of the most common chronic conditions to affect children. It's as common as juvenile diabetes! Yet many people have never heard of arthritis affecting children.

If you break the name down, it provides a bit more information about the condition:

- Juvenile - it affects children under the age of 16
- Idiopathic - we don't know what causes it
- Arthritis - inflammation of the joint.

Note – for ease of use, throughout this booklet we'll use the term arthritis, or JIA, to cover all juvenile forms of musculoskeletal conditions. We'll also use parent when referring to both parents and carers.

Causes

We don’t really know what causes arthritis in children and young people. We do know that in most types of JIA, it occurs as a result of a malfunctioning immune system.

The immune system is designed to identify foreign bodies (e.g. bacteria, viruses) and attack them to keep you healthy. However, in the case of JIA, the immune system mistakenly attacks healthy tissue in and around the joints, causing ongoing inflammation and pain.

Symptoms

The symptoms the young person experiences will depend on the type of arthritis or musculoskeletal condition they have. Common symptoms include:

- pain, swelling and stiffness in one or more joints
- skin over the affected joints may be warm or red
- mental and physical tiredness, or fatigue.

Less common symptoms include:

- fever
- rash
- feeling generally unwell
- eye inflammation (uveitis).

Remember, everyone’s different, and will have different symptoms. Some young people will not experience all the symptoms listed here. It’s impossible to know. It’s important to know that arthritis is a fluctuating, or episodic condition. Young people may feel different from day to day or even from hour to hour. When conditions are more active, it’s called a flare, or flare up.

During this time their arthritis is more painful, and they may experience more inflammation and fatigue (or tiredness). We don’t always know what causes a flare, but we do know that stress or an illness can trigger one. Flares are temporary and can be frustrating and painful while they last. A flare can make everyday activities like getting dressed, writing and going up and down stairs, and concentrating very difficult or impossible.

Most young people with arthritis look completely well, so you will not be able to tell from simply looking at them how they’re feeling or how they’re managing. Having an open and positive relationship with your student and their parents is important so you can help the young person get the most out of being at school.

Treatment

Unfortunately, at this stage there's no cure for JIA, however there are many treatment options available. Depending on the type of arthritis they have, your student will likely see a range of professionals including their GP, nurses, physios, occupational therapists, dietitians, podiatrists, psychologists and social workers to help them manage their condition.

Medication

Most young people with arthritis – regardless of the type – will have to take some form of medication at some time. It depends on the symptoms they're experiencing. There are many different types of medications that work in different ways.

The most common types of medications used are:

- pain-relievers (analgesics) – e.g. paracetamol - for temporary pain relief.
- creams and ointments – can be rubbed into the skin over a painful joint to provide temporary pain relief.
- non-steroidal anti-inflammatory drugs (NSAIDs) – e.g. ibuprofen - to control inflammation and provide pain relief.
- corticosteroids – e.g. prednisolone – are used to quickly control or reduce inflammation. They can be taken as tablets or given by injection directly into a joint, muscle or other soft tissue.
- disease modifying anti-rheumatic drugs (DMARDs) – e.g. methotrexate - work on controlling the immune system. These medications help relieve pain and inflammation, and can also reduce or prevent joint damage. They may be in tablet or injectable form.
- biologics and biosimilars (bDMARDs) – e.g. infliximab – these newer medications are also a type of disease modifying drug. They also work on controlling the immune system. However, unlike other disease modifying drugs, biologics target specific cells and proteins that are causing the inflammation and damage, rather than suppressing the entire immune system. These medications are usually administered as either an injection or infusion.

Complications

Uveitis. This inflammation of the eye can occur in approximately 10-30% of young people with JIA. Unfortunately, there are often no symptoms in the early stages so regular check-ups are essential. Left untreated, uveitis can result in loss of vision.

Immune suppression. Many young people with JIA will be on some form of medication that suppresses the immune system. This means that they're both more susceptible to picking up infections and more likely to suffer from complications if they do.

These young people are particularly vulnerable to chickenpox, measles and parvovirus B19 and, if exposed, should seek medical advice promptly. It's important that someone at the school is responsible for contacting the student's parent if anyone in the class is unwell.

How teachers can make a difference

We all know that as a teacher, you have a very important role to play in the life of the young person in your care. Your positive attitude can go a long way to ensuring that their time at school is a happy one.

Young people with arthritis and other musculoskeletal conditions often feel worse in the morning before their joints have had a chance to 'warm up'. Think of how you feel the morning after you've had a very active day – at the gym, playing sports or in the garden. Getting out of bed can be a challenge when your muscles are sore and your joints feel stiff, and it takes a bit of time and movement before you feel better. This will give you a small insight into how your student likely feels most mornings. Bear this in mind when setting activities for early in the day.

It can be difficult, because of the fluctuating nature of arthritis, and the fact that there's often no visible signs, but you need to remember that pain is what your student says it is. No one else knows what it feels like for that person to live with their condition except for them. Young people tend to downplay their pain, rather than exaggerate or embellish how they're feeling, so listen to them carefully. As you will know, most young people just want to fit in and be like their peers.

Living with chronic pain also causes increased fatigue, which can make schoolwork difficult. Pain makes you tired and many students with arthritis and other musculoskeletal conditions will come straight home from school and need to sleep. This can affect their ability to get their homework done. Try and focus on the quality rather than the quantity of work done. And talk with your student and their family if you are concerned that they're falling behind. Being proactive and dealing with the situation as soon as possible will mean better results for your student.

Pain and fatigue can also affect the ability to focus and concentrate. Especially if their pain has impacted on the quality of sleep. This is not to say that children with JIA are in anyway less academically able than their peers, purely that when they're unwell, they may need additional time to complete their work.

Arrangements for when your student needs time off school

Young people with arthritis will need time off school from time-to-time to attend appointments. They also may need time off when they're unwell. If this time stretches beyond a couple of days, arrangements will need to be made to ensure they're not falling behind with their schoolwork.

This is obviously important not just academically, but also to ensure your student feels involved and motivated with their studies. It's also important so that they don't start feeling isolated from their peers and classmates.

Consider discussing with your student and their parents the possibility of having a close friend or two pop by to boost your student's spirits and keep them feeling socially connected with their peers.

Camps and excursions

Like most of us, young people with arthritis will be keen to go on camps and excursions. However, in some cases, special arrangements may need to be made. For example, will your student need to take medications and how will they need to be stored? Most biologic medications need refrigeration. Does the child inject themselves or will a staff member need to be trained to do this? What equipment will need to be taken? What considerations will need to be made if the student is unwell and needs to go home? Start planning early and make sure your student and their parents are involved.

PE/Sport

If your student is unable to participate in sport for a period of time, make sure they don't feel left out. Give them another job to do. It might be scoring, time keeping or helping to set up the equipment – anything so they still feel part of the action. Perhaps they love making videos? They could put together a video of game highlights for the class to watch.

At other times, you may need to look at using modified equipment so that the child can participate. Bean bags may be easier to catch than a tennis ball or try playing tennis with a balloon…focus on what the student can do rather than what they can't.

Some students may feel very self-conscious about their swollen joints or other issues, so it's best to not to insist that sports or swimming costumes are worn if it's going to cause embarrassment. You may also need to allow extra time for getting changed. Discuss this with your student and their parents.

Emotional support

Living with chronic pain and fatigue is tough. If you feel your student is struggling, speak to them and their parents. They may wish to talk with their GP about the variety of options that are available, including accessing a mental health care plan which gives up to 10 subsidised appointments with a psychologist.

Bullying

Many young people with arthritis take medications that can make them gain weight as well as having other side effects such as causing skin eruptions. Just what a teenager doesn't need! Students that were previously able to keep up with their peers may now need to sit out or take a rest. They may at times walk with a limp. Changes in behaviour, mood and appearance may lead to bullying.

The prevention of bullying is part of the school's duty of care towards all students, but particular care may be needed to ensure that a young person with an illness isn't targeted.

The National Centre Against Bullying website has some great strategies to help if you feel the young person in your care is experiencing bullying.

Sick Bay

Sick bay for a student with a chronic illness is a bit different than for those with a head cold, a sprained ankle or a sudden bout of gastro. Instead of just being a place to go when sick, it may instead be a place for some quite time and an area for the young person to practice his or her own pain management strategies. That is, of course, providing there's not another student in there with an infectious illness!

A student with JIA or another musculoskeletal condition doesn't necessarily need to go straight home from school if they're feeling unwell. They might just need a little time to rest before they are able to join back in with their classmates. Speak to the student and their family and work out a plan. It's possible that after some rest, some heat or ice packs, or even listening to some music that they're ready to get back into the school day again. After all, being at school as much as possible is the aim for all kids.

We are here to help

Check out our website for more detailed information about specific conditions not covered here. We also have a free National Helpline that can be contacted on 1800 263 265. They can help you with information about arthritis and musculoskeletal conditions, management options, and strategies for helping young people manage at school. You can also request additional copies of this booklet and our information sheets.

More to explore

Musculoskeletal Health Australia Resources:

- Teen Talk: muscha.org/msk-kids-teen-talk An online chat group for young people aged between 12-20 who live with a musculoskeletal or chronic pain condition.
- A collated list of pain resources aimed at young people: muscha.org/kids-pain

Information of transitioning from paediatric to adult care: muscha.org/msk-kids-transition

- MHA Kids webinars series: muscha.org/msk-kids-videos

Hospitals:

- Monash Children's Hospital www.monashchildrenshospital.org/rheumatology/
- Royal Children's Hospital www.rch.org.au/rheumatology
- Women's and Children's Hospital, SA Women's and Children's Hospital • Rheumatology (wch.sa.gov.au)
- Perth Children's Hospital Rheumatology (health.wa.gov.au)
- Sydney Children's Hospital Network Rheumatology | Sydney Children's Hospitals Network (nsw.gov.au)
- Queensland Children's Hospital Service Locations | Children's Health Queensland
- Victorian Virtual Emergency Department

Arthritis organisations:

- Arthritis Foundation USA - www.arthritis.org
- Arthritis Ireland - www.arthritisireland.ie/
- Versus Arthritis UK - www.versusarthritis.org
- Australian Rheumatology Association - www.rheumatology.org.au
- British Society for Rheumatology - www.rheumatology.org.uk/
- National Rheumatoid Arthritis Society - www.nras.org.uk/
- Arthur's Place - https://arthursplace.co.uk/

General health:

- Better Health Channel - www.betterhealth.vic.gov.au
- Medlineplus (USA) - https://medlineplus.gov/

Mental health:

- ReachOut Australia - https://au.reachout.com/
- Beyondblue - www.youthbeyondblue.com/
- Lifeline - https://www.lifeline.org.au/
- Headspace - https://headspace.org.au/
- Kids Helpline - https://kidshelpline.com.au/
- 13 Yarn - https://www.13yarn.org.au/
- QLife https://qlife.org.au/
- Butterfly, support for eating disorders - https://butterfly.org.au/

Allied health professionals:

- Australian Podiatry Association - www.apodc.com.au
- Australian Physiotherapy Association - www.physiotherapy.asn.au
- Australian Psychological Society - www.psychology.org.au
- Dietitians Association of Australia - www.daa.asn.au
- Exercise and Sports Science Australia - www.essa.org.au
- Occupational Therapy Australia - www.otaus.com.au
- Australian Society of Ophthalmologists - www.asoeye.org

Your rights:

- Australian Government, Department of Education- https://www.education.gov.au/swd
- Children and young people with disability - https://www.cyda.org.au/
- Disability Support Guide - https://www.disabilitysupportguide.com.au/information/article/education-rights-for-students-with-disability
- Human Rights Commission - https://humanrights.gov.au/our-work/disability-rights/know-your-rights-disability-discrimination

Entering the workforce:

- WorkWise - https://muscha.org/workwise/
- Arthurs Place - https://arthursplace.co.uk/life/life-hacks/2021/04/20/work-survival-guide/

State and territory resources for Curriculum and Assessment Authority websites:

Australian Capital Territory
- Equitable assessment and special consideration, ACT Board of Senior Secondary Studies

New South Wales
- Disability provisions, Education Standards Authority

Northern Territory (see South Australia)
- The Northern Territory Certificate of Education and Training is based on and administered by the South Australian Certification of Education.

Queensland
- Students with disability, Queensland Curriculum and Assessment Authority

South Australia and Northern Territory
- Special provisions in the SACE, SACE Board of South Australia

Tasmania
- Reasonable adjustments, Office of Tasmanian Assessment, Standards and Certification

Victoria
- VCAA Special Provision, Victorian Curriculum and Assessment Authority (VCAA)

Western Australia
- Special provisions, School Curriculum and Standards Authority

Musculoskeletal Health Australia

Knowledge. Choice. Connection.

Call: 1800 263 265

email: helpline@muscha.org.au

website: muscha.org

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