

Tips for Meeting MPs: Advocating for Arthritis and MSK in the 2025 Federal Election

Connecting with your local federal Member of Parliament (MP) is a powerful way to advocate for arthritis awareness and support. An important part of their job is to listen to the concerns of their constituents and advocate for them.

Senators represent all people who live in the state or territory they represent, and it can also be worth seeking a meeting with them.

To request a meeting with your MP or Senator, you can email or call their electorate office. You can use our [microsite tool to email your local MP and Senator](#), or a directory can be found on the Australian Parliament House [website](#).

Here are some essential tips to help you prepare for an effective meeting with your MP:

1. Understand the Importance of Your Voice

Your MP wants to hear from constituents about the issues that matter to them. Engaging in conversations about arthritis and musculoskeletal conditions can influence their priorities and actions.

2. Do Your Homework

Before your meeting, it is a good idea to find out a bit about your MP and their background and interests, and which political party they are from – including whether their party is currently in government. They will usually have a website with biographical information, and social media accounts. Their First Speech to Parliament often sets out what they want to achieve in politics, and can be found by looking up their [profile](#). The current policies of political parties can be found on their website.

Understanding your MP's background will help you tailor your discussion and find common ground.

**Arthritis and musculoskeletal conditions
affect almost 1 in 3 Australians
7 million voices | 7 million stories**



3. Bring a Friend

If possible, attend the meeting with someone else who shares your concerns about arthritis. This not only strengthens your message but also provides support during the discussion.

4. Have a plan for the meeting

Meetings with MPs are usually a maximum of 30 minutes and can be cut short by other urgent matters on the day. Make sure you are clear about what you would like to get out of the meeting and anything you are asking your MP to do.

Plan how you would like to use the meeting time. You may like to start with your personal arthritis or MSK story – it can be a good idea to practice this beforehand, keep your story focussed and concise, and relate it back to your ‘ask’ for the meeting.

It is common and usually welcome to ask for a photo at the end of the meeting, which the MP and yourself may post to your social media. However, you do not have to do this unless you want to.

5. Make an Ask

Be clear (politely) about what you are asking your MP to do about the issues you are raising. This might include writing to the relevant Minister or government department on your behalf. Or it might be asking them to attend or speak at a community event.

You may not always get the response that you are hoping for. Remember that your MP may not have direct control over the issue you are raising, or they may see the issues differently. However, they and their staff should be able to have a constructive conversation with you, and advise you on who else may be able to help.

We would love you to support Arthritis Australia’s 2025 election campaign, which has 3 key asks:

- Invest in game-changing arthritis and musculoskeletal research to transform lives and generate health system savings
- Action on out-of-pocket healthcare costs - reform to safety nets, and provide timely relief from fees when it is needed most
- Fund affordable and accessible care for people with arthritis and musculoskeletal conditions, including exercise and rehabilitation through allied health and social prescribing programs.

You can ask your MP to write to their party leader or the Health Minister asking for commitment to these asks. Refer to our [election platform](#) for more details about what we are asking for and why.

6. Build Relationships

Remember that these meetings are not just about immediate outcomes; they are also about building long-term relationships. Ask for a follow-up meeting or email update, and offer to keep them updated on arthritis advocacy.

7. Stay Positive, Polite and Persistent

If you don't immediately get the response you are hoping for, don't be discouraged. Politicians are busy, and may need time to process new information and perspectives. It may help to enlist other constituents to help you advocate for arthritis – when MPs hear about an issue frequently from their constituents it is more likely to get their attention.

8. Keep Arthritis Australia in the loop

If you have met with or had a written response from your MP we would love for you to share it with us at info@arthritisaustralia.com.au.

Also feel free to tag us on social media.



[@arthritisaustralia](https://www.facebook.com/arthritisaustralia)



[@ArthritisAust](https://twitter.com/ArthritisAust)



[@arthritisaustralia](https://www.instagram.com/arthritisaustralia)



[@arthritisaustralia](https://www.linkedin.com/company/arthritisaustralia)

ABOUT ARTHRITIS AUSTRALIA

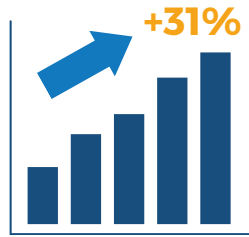
Arthritis Australia is Australia's leading national arthritis charity. We work in collaboration with Affiliated arthritis organisations in the Australian Capital Territory, New South Wales, Northern Territory, Queensland, South Australia, Tasmania and Western Australia to deliver information and support to people living with more than 100 types of arthritis.

- We provide information resources to help people live well with arthritis.
- We are the leading non-government funders of arthritis research in Australia.
- We advocate to the government and industry for policies, programs, and funding initiatives.
- We develop partnerships with national organisations with aligned values to fund and support our activities.
- We work collaboratively with Affiliated arthritis organisations and peak health organisations to improve the health and wellbeing of people living with arthritis.

Australians living with arthritis



4.11 million in 2025



5.39 million in 2040

The number of people with arthritis could reach 5.56 million by 2040 in a high population growth scenario



Arthritis affects more females than males

By 2040 there is likely to be

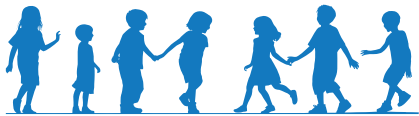
3,109,722 Australians with osteoarthritis

748,721 Australians with rheumatoid arthritis



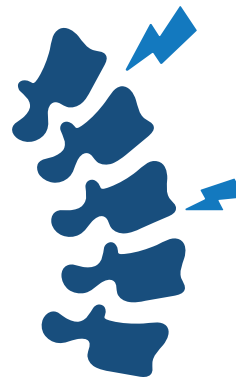
\$11.92 billion

health system expenditure for these conditions



8,514

Children and adolescents with juvenile idiopathic arthritis in 2040



4 million (16%) Australians are estimated to be living with back pain



Lost GDP due to back pain is estimated to be **\$10.5 billion**