How transition is organized in -
THE NORWEGIAN RHEUMATISM ASSOCIATION

By

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“The Norwegian Rheumatism Association (NRF) is one of Norway's largest voluntary organization with nearly 35 000 members.”

There are a high number of young adults (18 – 40 yrs) with RMD’s, and the numbers are rising, but they have shown a lack of interest in taking part of our organization….
Age distribution in NRF

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Women</th>
<th>Men</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-25 yr</td>
<td>527</td>
<td>220</td>
<td>747</td>
</tr>
<tr>
<td>26-30 yr</td>
<td>212</td>
<td>44</td>
<td>256</td>
</tr>
<tr>
<td>31-35 yr</td>
<td>371</td>
<td>111</td>
<td>482</td>
</tr>
<tr>
<td>36-40 yr</td>
<td>654</td>
<td>183</td>
<td>837</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Gender</th>
<th>0-25 yr</th>
<th>26-30 yr</th>
<th>31-35 yr</th>
<th>36-40 yr</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women</td>
<td>2 %</td>
<td>1 %</td>
<td>1 %</td>
<td>2 %</td>
</tr>
<tr>
<td>Men</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Total</td>
<td>2 %</td>
<td>1 %</td>
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</tbody>
</table>
• The Norwegian organization for children and youth with rheumatism (BURG) is part of The Norwegian Rheumatism Association (NRF).

• 0 – 26 years

• About 1100 of NRF’s members are also members of BURG.

• The transition from (BURG) to NRF seems difficult.
Every year BURGs central organisation arranges:

- Family summer Camp (0-14 years + the rest of the family)
- Teenage weekend (13-18 years)
- Youth weekend (18-35 years)

- There's a drop out when members are too old for BURG and should be part of NRF
Our hypothesis

• Young adults are in an establishment phase or a phase with small children and have more need for themed activities, and the opportunity to socialize with others of the same age.

• Activities must be adapted to the target group if it should be interesting enough.
How transition is done in NRF

NRF has in recent years worked to improve services for young adults with RMD’s in relation to increase activities and visibility above the target group.

- Use BURG as an arena to recruit
- Tailored Info material
- Local young adult representatives in as many regions as possible.
- Own closed Facebook group
- Themed national activities

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Our goal

One of NRF’s main goals is that young people with rheumatism takes part in activities that give them tools to manage everyday life including work life in the best way possible.
NRF started the autumn 2012 with an empowerment seminar divided by seven days for young adults. The main themes during the seminars was mobilization of own power and strength and acceptance of where I am and the way forward.

The concept of empowerment seminars were a great success. 2013 is starting up again with seven more sessions, targeting the “hard to reach” group, young adults.
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