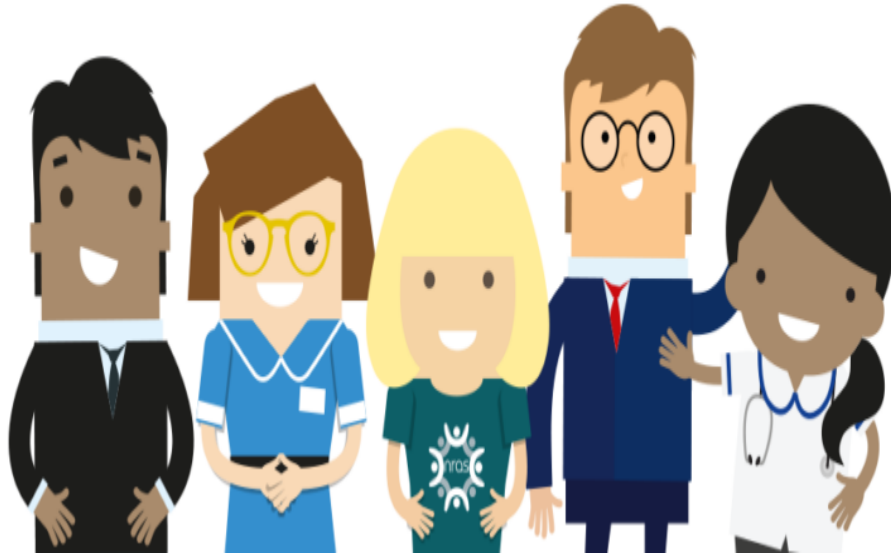


Resource

# Right Start Service

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## What is Right Start?

Right Start supports people living with RA to understand their diagnosis and how it is likely to affect them. Getting the right support can help people to make adjustments to behaviour, lifestyle and health beliefs and understand why supported self-management is important and how to make those important first steps to managing their disease effectively.

By referring patients to the NRAS Right Start service, you will be sign-posting them to friendly, empathetic, expert staff, tailored support that is evidence-based and peer support at an individual and/ or community level.

## How will it benefit my RA Patients?

In referring your patients with RA to our Right Start service, they will:

– Better understand what RA is.

- Know how it can affect them.
- Get the right support.
- Feel more in control.
- Get a tailored pack of information that meets their personal needs.
- Talk to another person with lived experience of RA, if they wish.

## How do I refer my patients?

Step 1: Refer your patient(s) to the Right Start service by clicking on the button below. Fill in a simple referral form and press 'submit'.

Step 2: Your patient will be contacted by NRAS and a 45 minute phone call will be scheduled between the patient and our highly trained Helpline Team.

Step 3: The Helpline Team will speak to your patient and talk through everything that is concerning them, providing explanation about medications, the disease, and whatever else they wish to discuss. At the end of the call, your patient will be sent a customised pack of information relevant to their specific needs. A further call will be booked to check on how the individual is doing and if they have any further queries or concerns.

Step 4: Your patient will be asked if they wish to speak to others with RA.

To order or download marketing materials associated with the Right Start service, click [here](#)

[Refer a patient](#)

