

When pain lasts longer than three months, things need to change.



connecting you to health

**LIVING WELL WITH PERSISTENT PAIN PROGRAM IS AVAILABLE IN TWO ADELAIDE LOCATIONS**

**Northern region**

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**Central western region**

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An Australian Government Initiative

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# LIVING WELL WITH PERSISTENT PAIN



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# ARE YOU LIVING WITH CHRONIC PAIN THAT MAKES YOUR LIFE DIFFICULT?

The Living Well with Persistent Pain Program can help.

## HOW CAN THE PROGRAM HELP YOU?

Effective pain management is based on knowing how pain works in your body and your personal situation.

For most people with persistent pain, it is best to have your GP help you to manage your pain. Most things you can control yourself with good support from a health care team.

The Living Well with Persistent Pain Program will help you set goals, improve your daily living and plan for the bad days.

You will be supported by a team of health professionals, including a Care Coordinator who will support you and your GP throughout the program. You may see a:

- GP with experience in managing pain
- Physiotherapist
- Dietitian
- Pharmacist
- Mental health clinicians
- Exercise physiologist



## THE PROGRAM IS FREE AND THE TEAM WILL HELP YOU BY PROVIDING:

- An education program focused on making changes to improve your daily life
- One-on-one discussions about your pain and how it affects you
- A tailored plan of allied health services

This program will improve your ability to live well and manage pain but does not seek to cure or eliminate pain.

## ACCESSING THE PROGRAM

The Program is available in two locations across Central and Northern Adelaide.

Talk to your GP or specialist about eligibility requirements and seek a referral.

## REFERRER INFORMATION

Eligible patients must be referred to the program by their GP or specialist. Whilst referrals can be initiated by allied health care providers, GP or specialist sign off must be obtained.

Patients are eligible if they are:

- over 18 years of age
- experiencing persistent pain which has lasted for more than 3-6 months
- diagnosed with persistent pain (of which underlying biological causes have been assessed and ruled out)
- not suited for surgical or urgent pain specialist interventions
- not involved in a third-party claim for worker's compensation or dispute with an insurance company
- not palliative
- suitable for and willing to participate in group education
- able to understand English written and spoken
- willing to give consent for their de-identified data to be collected to evaluate the program

*Please note: The program does not provide pain specialists or surgical services. Enrolment in the program will not alter a patient's position on hospital-based pain clinic lists.*