

Referral

Anyone can refer or be referred to this service, by contacting the Community Rehabilitation Centre.

We may contact your GP for more information such as medical history and current medications.

COST

There is a cost for 1:1 assessment and therapy:

\$10 (Concession)

\$15 (No concession)

Group programs are free of charge.

If there are any financial issues, you can discuss this with the Clinic Coordinator at your initial assessment.



PROTECTING YOUR PRIVACY

Our staff are committed to respecting your confidentiality and preserving your privacy. We will keep your personal information secure and protected from unauthorised access or improper use. We will only disclose information about you if it is authorised by you or mandated by law.

All our services comply with the relevant information and privacy legislation.

FOR MORE INFORMATION CONTACT:

Department | Community Rehabilitation Centre

Address: CNR Splatt & McCrae Street, Swan Hill

Phone: (03) 5033 9321

Email: crc@shdh.org.au

Web: www.shdh.org.au



Chronic Pain Service



Chronic pain is a concern for many people in the community. Our multi-disciplinary clinic is designed to improve the understanding of causes and influences on chronic pain and assist with pain self-management strategies.

Chronic pain affects 1 in 5 Australians.

Our Chronic Pain Service provides education and support to help participants gain a better understanding of pain, the contributing factors and strategies to reduce pain.

We aim to assist participants to develop new ways of thinking, moving and relaxing in order to improve their quality of life.

Eligibility

- *Have you had pain for three months or more?*
- *Are you eager to learn new ways to reduce and manage your pain?*
- *Are you willing to make some changes in order to better your quality of life?*

If yes, then you are eligible for this service.

The team

Our Chronic Pain team consists of:

- Clinic Coordinator /Exercise Physiologist
- Physiotherapist
- Occupational Therapist
- Psychologist
- Pain Medicine Specialist

Program format

Firstly, participants are invited to a 'Pain Pathways' 60 minute session. Here you will gain a basic understanding of pain, the pain timeline and be provided with options for pain rehabilitation through our service.

You will be given the choice to 'opt in' or 'opt out' from this point.

If you chose to continue, you will be offered a 1:1 assessment with our Clinic Coordinator. Our team will then meet and determine the best and most appropriate rehabilitation pathway suited to you and your needs.

This may include further 1:1 Assessments with other members of our chronic pain team, participation in group programs based on education and active strategies, and/or onward referral to seek input from other professions.

What does chronic pain rehabilitation involve?

Our service provides pain rehabilitation through:

- Education
- Support and advice
- Active strategies

Therapy aspects include:

- Understanding pain
- Positive and negative influence on pain
- Gentle movement and exercise
- Pacing strategies and routines
- Graded exposure
- Relaxation and Mindfulness
- Mental health and well-being
- Flare up management
- Good sleep and nutrition
- Social and community engagement
- Sensible use of medication
- Learn when to seek help
- Acceptance