

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 no cost for this service.



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: 58 McCrae Street, Swan Hill

Phone: (03) 5033 9321

Email: crc@shdh.org.au

Web: www.shdh.org.au



Scan here to
self-refer



Persistent Pain Service



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

Persistent pain affects 1 in 5 Australians.

Our Persistent 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 Persistent Pain team consists of:

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

Program format

Firstly, as a participant, you are invited to watch an online '*Pain Pathways*' 60 minute session. From this, 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 persistent pain team, participation in group programs based on education and active strategies, and/or onward referral to seek input from other professions.

What does persistent pain rehabilitation involve?

Our service provides pain rehabilitation through:

- Education
- Support and advice
- Active strategies

Therapy aspects include:

- Understanding pain
- Positive and negative influences on pain
- Graded exposure, meaningful movement and exercise
- Pacing strategies and routines
- Relaxation and mindfulness
- Mental health and wellbeing
- Flare up management
- Sleep strategies
- Nutrition
- Social and community engagement
- Sensible use of medication
- Learning when to seek help