

## Are you living with long term pain?

Please join us!

Build new skills to manage your pain in a friendly, supportive group.

Come along and meet with others who are also managing the effects of ongoing pain.

**Register your interest** and secure a spot in the next program!

To register phone: (03) 6477 7347  
or email [healthpromotion.nw@ths.tas.gov.au](mailto:healthpromotion.nw@ths.tas.gov.au)  
and we'll contact you.



A [Self Management Resource Center](#) evidence-based program originally developed at Stanford University, USA.

## Contact (NW):

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In NW Tasmania programs are delivered by Tasmanian Health Service and Circular Head Aboriginal Corporation.

Consumer Approved: June 2019



Health Promotion NW

## Persistent Pain Self Management Program

Practical skills  
for people living  
with pain



TASMANIAN  
HEALTH  
SERVICE



## What is the Persistent Pain Self Management Program?

The Persistent Pain Self Management Program offers practical ideas and tools to help you overcome the challenges of living with pain.

## Who is it for?

The program is for anyone living with ongoing pain, as well as the people who support them (partner / family member / friend).

## Who runs the Persistent Pain Self Management Program?

Each program is led by two trained leaders. Leaders are volunteers or health workers who may be living with ongoing pain themselves.



*“As a carer it was also important for me to learn how to look after myself more”*

## What is the length of the program?

The program runs for 2½ hours each week for six weeks with a group of about 10 - 15 people.



## What does the program cover?

- New ways to deal with problems such as fatigue and poor sleep
- Exercise to maintain and improve strength and flexibility
- Communicating effectively with family, friends and health professionals
- Appropriate use of medications
- Healthy eating
- Pacing activity and rest
- How to check new treatments.

## Is there a cost?

A gold coin contribution for refreshments is the only cost to attend.

## What else happens?

You will make weekly action plans, share experiences, and help each other solve problems.

The skills you learn and practice during the program will help you feel more in control of your pain.

## Where is the Persistent Pain Self Management Program delivered?

We deliver programs in local halls, and community health centres which are accessible for all.

You may also be able to access a program online.

## Will I need to take anything to the sessions?

No. Each participant will be loaned a book to take home and use for the 6 weeks of the program. The book *Living a Healthy Life With Chronic Pain* also includes a Moving Easy Program CD.

**Note:** Doctors and other health professionals have reviewed all materials in the workshop.