

# TAKE CHARGE of Pain

EXPRESSION OF INTEREST

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Condition/s Causing Your Persistent Pain:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Duration of Your Pain:

\_\_\_\_\_ Months or

\_\_\_\_\_ Years



Please return this section to:  
Arthritis Tasmania  
19A Main Road, Moonah TAS 7009



19A Main Road  
Moonah TAS 7009  
Tel: 03 6228 4824  
Fax: 03 6228 3486  
Email: [info@arthritistas.org.au](mailto:info@arthritistas.org.au)  
[www.arthritistas.org.au](http://www.arthritistas.org.au)

**Arthritis Helpline**  
**Freecall: 1800 011 041**

#### Declaration of Privacy

The Arthritis Foundation acknowledges and respects the privacy of individuals. This information is being collected for the purposes of processing your application or enquiry, keeping you informed of upcoming events, information and support programs, and assisting us in providing our services and programs. The intended recipient of the information is the Arthritis Foundation. The provision of the information is voluntary, but if not provided, we may be unable to process your application or enquiry. You have a right of access to, and alteration of, personal information concerning yourself in accordance with the Act. Please direct any enquiries you may have to our Privacy Officer.

# TAKE CHARGE of Pain

Empowering you with the knowledge and skills to manage your pain and to improve your health, wellbeing and quality of life.





## Do you live with CHRONIC or PERSISTENT pain?

You are certainly not alone.

As many as 1 in 4 people live with pain.

The good news is that there are things that you can do to reduce the impact that persistent pain is having on your life.

This evidence-based Program includes elements that allow participants to develop an understanding of how persistent pain is different from acute pain, explore pain management principles and develop an understanding of how they may start to make changes in their life to safely 'challenge' their pain.

### Who Is this Program Designed For?

The Take Charge of Pain Program is designed to assist people who have lived with pain for more than three months and who are motivated to learn how they can start to take steps to manage their pain more confidently.

The Program follows a self-management approach and involves participants setting goals based on workshop content and in developing their own individual Action Plan.

Participants may elect whether they would like follow-up contact after the Program to assist with overcoming any barriers that they have identified in enacting their Action Plan.

# TAKE CHARGE of Pain

## PROGRAM OVERVIEW

This Program will assist you to look at ways that you can safely and effectively challenge your pain and ultimately improve your quality of life.

The Program will provide you with an opportunity to gain knowledge, skills and confidence to make positive changes in your life aimed at reducing your pain.

### Offered over two sessions the Workshop Program includes:

#### WORKSHOP ONE

- What is Persistent Pain?
- The Pain Cycle
- Healthy Eating
- Physical Activity
- Pacing and Energy Conservation
- Challenging Pain
- Relaxation
- Goal Setting – Starting to Make Changes

#### WORKSHOP TWO

- Pain Management – What Works
- Getting Quality Sleep
- Distraction Techniques
- Challenging Unhelpful Thoughts
- Support Networks & Communications
- Goal Setting – Where To From Here?

### Arthritis Tasmania is now taking Expressions of Interest for this Program

This allows the workshop facilitator to tailor the Program to the needs of the participants in the group; and to plan sessions across Tasmania based on demand.

To register your Expression of Interest for inclusion in a Program, please complete the section on the back of this panel and return it to Arthritis Tasmania.

When we receive your Expression of Interest, we will contact you to discuss your inclusion in a Program.

### The cost of the Program (for both sessions) is:

- \$25\* for Members of Arthritis Tasmania
- \$50\* for non Members

*\*The Program registration fee is to be paid when you have been offered a place in a Program.*

The Program is offered in a small workshop format with participants encouraged to be actively involved in all elements of the Program.

Each participant will have valuable insight into living with pain and will be encouraged to share their thoughts and experiences.

**If you have any questions about this Program, please contact our Arthritis Helpline on Freecall: 1800 011 041**