

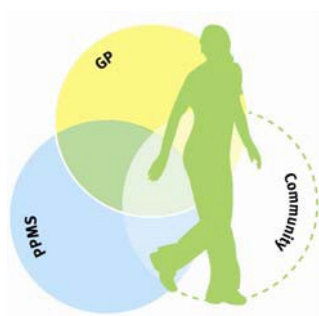
# Statewide Persistent Pain Management Network



## Persistent Pain Education Series

### Your Community Support Team

Managing persistent pain by yourself can be challenging and it may help to **surround yourself with supportive and encouraging people** (refer to this group as your Community Support Team) to improve your function and quality of life. It is important to have people in your team you can regularly see and not necessarily from the Persistent Pain Service.

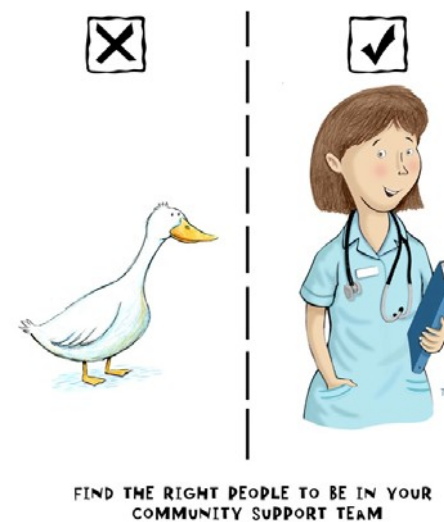


Surround yourself with supportive and encouraging people who can assist you to understand your persistent pain and ways to self-manage it

### My Community Support Team

Members of your team may change over time depending on your needs. Each member of your team may:

- Be someone you feel **comfortable** with
- **Believe** your pain
- Allow ample time to **listen** to you
- Have **experience** with persistent pain
- Help develop and implement your **pain management plan**
- Encourage you to **ask questions**
- Help **educate** your family or friends about your pain
- Assist you to identify and **work through problems**
- **Discuss the risks, benefits and outcomes** of treatment options



It is important to include healthcare professionals in your team such as:

- **General practitioner (GP)**  
Build a relationship with a GP who understands about persistent pain matters. They will know your condition and history the best and may refer you to other healthcare professionals.
- **Local pharmacist**  
Get to know your local pharmacist so you feel comfortable asking questions and obtaining information about the medications you have been prescribed.



• **Physiotherapist**

A physiotherapist can assist you to develop appropriate exercise skills. They can help you to set and achieve realistic goals, improve your physical capacity and understand the impact of your nervous system response.

• **Psychologist (PT)**

A psychologist can assist you to manage your thoughts, feelings, behaviours and external factors such as relationships, work pressures and lifestyle issues.

• **Occupational Therapist (OT)**

An occupational therapist can assist you to develop functional skills so that you can participate in everyday activities and life roles that are important to you. They can help you to explore techniques and strategies such as activity pacing, graded activity planning and return to work and leisure activities.

### Other Members

**Family members, friends and work colleagues** can also be a part of your team along with **organised support groups, telephone support and online resources**. You might also find it useful to talk to other people who are also living with persistent pain. Many people will suggest to you strategies, techniques and approaches to assist you in your self-management. It is always best to discuss options with your healthcare professionals.



Please write down the members of your team in the space below:

<b>My Community Support Team</b>	
<b>GP</b>	<b>Local pharmacist</b>
Name	Name
Contact	Contact
<b>Physiotherapist</b>	<b>Psychologist</b>
Name	Name
Contact	Contact
<b>Other team members</b>	
Name	Name
Contact	Contact
Name	Name
Contact	Contact

### Additional Resources

**Arthritis Queensland** [www.arthritis.org.au](http://www.arthritis.org.au)

**Australian Pain Management Association** [www.painmanagement.org.au](http://www.painmanagement.org.au)

Ph: 1300 340 357 (Pain Link)

**Chronic Pain Australia** [www.chronicpinaustralia.org.au](http://www.chronicpinaustralia.org.au)

Ph: 1800 218 921

**Queensland Self-Management Alliance** [www.qsma.org.au](http://www.qsma.org.au)