

cohealth



Barbara Walker Centre  
for Pain Management

phn  
NORTH WESTERN  
MELBOURNE

An Australian Government Initiative

The Living Well with Pain Program is a collaboration between cohealth and St Vincent's Hospital Barbara Walker Centre for Pain Management.

This program is supported by funding from North Western Melbourne Primary Health Network.

### Contact Information



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everyone is welcome at cohealth

## Living Well with Pain



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## Background

Living well with Pain is a low intensity group based pain management program. The program focusses on increasing your understanding of pain and improving your quality of life.

The program includes practical skills training of a variety of active, self-management strategies for pain, including goal setting, activity pacing, flare up planning, stress management, movement and exercise, relaxation and sleep hygiene.

Once we have received your referral, someone from the program will contact you to discuss it in more detail.

If we think the program may be right for you, you will have a comprehensive assessment with a Physiotherapist and Psychologist. They will explore your history of pain and try to understand the different things that may be contributing to your pain experience.

## Is it suitable for you?

The program is suitable for people who:

- Have pain lasting more than 3 months (that is not related to cancer)
- You are interested in participating in a group program
- The ability to attend the program at cohealth Footscray on Tuesday AND Thursday afternoons for 4 weeks.
- You are motivated and have an interest in a self-management approach to pain.
- You have goals around improving your function or are open to discussing goals.

If you are unsure about whether this program could benefit you, then you are welcome to discuss it further with your GP or contact someone on the Living well with Pain Team.

## Program Details

**Location:** cohealth Footscray (78 Paisley Street, Footscray)

**Duration:** 8 x sessions over 4 weeks

**Days/Time:** Tuesday and Thursday 1-4pm

**Facilitators:** Physiotherapist and Clinical Psychologist

**Cost:** Free

**Referrals:** You can get a referral from a health professional or self refer.

<65 referral via cohealth website

>65 referral via My Aged Care

