



PRIMARY CARE PAIN SERVICE

Pain, function, independence

A GUIDE FOR PATIENTS

A tailored service to support individuals with persistent pain. Improving your quality of life with supported self-management strategies.

WHAT IS THE SERVICE FOR?



To support you with your pain.



To discuss different ways to manage your pain.



To help you do the things you want to do.



To reduce the impact of pain on your life.



To help find the best up-to-date medicines for your pain.



To discuss why chronic pain develops and persists.

WHAT IS OUR APPROACH?

A clinician will refer you directly into a specialist health and wellbeing coach for your initial assessment

The specialist health and wellbeing will discuss what matters to you and work towards a shared plan.

A series of weekly sessions with your HWC working with you to achieve your agreed goals.

Ongoing access to a range of information and resources to help manage you self manage



ALL CONTACT IS MADE BY TELEPHONE OR ZOOM/TEAMS CALLS.



WHAT OTHER PEOPLE HAVE SAID ABOUT OUR SERVICE:

"I have been able to attend a party for the first time in 8 years and am starting to enjoy outings with family and friends again. I am exercising every day and enjoying it - I am living better despite pain - Thank you Rehab Direct."

Karen

"I cannot thank you enough Rehab Direct for helping me on my journey to obtain the tools necessary to reduce and manage my chronic pain."

Peter

"I always really look forward to the calls, they have made a huge difference to both my mental and physical health and I would recommend this service to anybody suffering from Chronic Pain - I am really pleased my GP referred me to your service at Rehab Direct."

Jackie

"The Pain Service has left me feeling so much more able to manage my pain. I feel physically and mentally stronger which has led to improvements at work and in my home and social life."

Chris

"The programme has been life changing...Medication stopped, attending yoga and feeling fitter and more alert. I cannot wait to visit my son in Australia feeling confident I can make the journey and join in with activities when I am there! Thank you."

Denise



WHAT DO YOU NEED TO DO?



Be available for the initial call from the Specialist Health & Wellbeing Coach.



The initial call will last about 45 minutes. Please try to find somewhere comfortable and private. The focus of this call is for you to tell us all about your pain so that we get a really good understanding of how it affects you and the impact it has on your life.



Be available to work with your Health & Wellbeing Coach over the subsequent weeks.



WE LOOK FORWARD TO MEETING YOU!

If you have any questions, please let us know during your first session

