

# Community Pain Self-Management Program

This program is offered virtually and can be completed from home.

## What is 'chronic pain'?

- It is pain lasting for at least 3 months on a near daily basis.
- It does not go away even if you have been treated for the medical condition or the pain.
- It can be from things like injury, surgery, or another medical condition such as arthritis, fibromyalgia, or an infection.

## How can the Community Chronic Pain Program help?

Our program focuses on your needs. We help you take control of your pain as a way to improve your health and quality of life.

We offer the program once a week for 8 weeks.

During the program, you can expect the following:

- You work with us in both one-to-one and group sessions.
- You learn self-management skills and tools to decrease pain and improve your quality of life.
- You learn about the complex nature of chronic pain and how pain affects our physical and emotional well-being.
- You can get physiotherapy and occupational therapy in group sessions as well as individual appointments if needed.
- Depending on your needs, we might refer you to further pain services and healthcare providers.

Topics covered:

- Self-Care
- Stress Management and Relaxation
- Mood and Self-Compassion
- Sleep
- Activity and Exercise
- Nutrition and Pain
- Pacing and Energy Management
- How To Access Community Resources

You are the leader of your care. We work with you to identify what support and services might help your chronic pain.

The main people you work with include a registered nurse, physiotherapist, and occupational therapist.

Both during and after the program, we can help you access other services and healthcare providers. Depending on the care you need, these could include a pain doctor, pharmacist, mental health and substance use services, counselling, or social work support.

## Who can take part in this program?

The program is most helpful when people:

- are 18 years or older
- have chronic pain
- are interested in self-management skills
- can take part in group learning
- can attend an 8-week virtual program
- are open to talking with healthcare providers and others about their pain

## How can I take part?

Talk with your doctor or nurse practitioner. They can help you decide if the program meets your needs. They can then send us a referral to the program.

Once we get the referral, a staff member calls you to discuss the program in more detail and the upcoming start dates.

When you register, we will put you in a program in your community.

## More information on chronic pain:

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### Fraser Health - Pain

Go to [fraserhealth.ca](https://fraserhealth.ca) and search 'pain'



### Pain BC

Go to [painbc.ca](https://painbc.ca)



### Live Plan Be

Go to [liveplanbe.ca](https://liveplanbe.ca)



### Pain U Online

Go to [google.ca](https://google.ca) and search '[pain u online](https://painuonline.ca)'



### Fraser Health – Mental Health

Go to [fraserhealth.ca](https://fraserhealth.ca) and search 'mental health'

