

INFORMATION SHEET

Network Pain Management Programs – helping you manage your pain

Managing pain is hard because pain can affect nearly every aspect of a person's life. It can make it very difficult to work, to exercise and to socialise. It can even affect such basic things as sitting down or getting to sleep.

Network Pain Management Programs aim to help TAC clients manage their musculoskeletal injuries and persistent pain, and to increase their independence at home, work and in the community.

Network Pain Management Programs help clients to develop strategies to:

- return to work;
 - reduce their dependence on medication;
 - improve their mental health; and
 - learn self management strategies.
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BENEFITS FOR YOU

Tailored program - the Network Pain Management Program provider will tailor a specific program that will cater to your individual circumstances and needs.

Availability - Network Pain Management Programs have appointment times when you need one and you will be able to start a program quickly if assessed as suitable by the Network Pain Management Program provider.

No cost to you – the TAC will pay directly for your assessment and program even if you are subject to the TAC's medical excess

A gradual return to work - the Network Pain Management Program provider may recommend that you return to work part time or on light duties. They will work with your doctor and treating health professionals to help you gradually increase your hours and duties. If you return to work on reduced hours, the TAC can pay you partial income benefits.

Improved communication – the Network Pain Management Program providers will work with you, your health care professionals (such as your treating medical practitioner or surgeon) and your employer to help you manage your pain.

REFERRALS TO A NETWORK PAIN MANAGEMENT PROGRAM PROVIDER

You need to discuss your suitability for a Network Pain Management Program with your doctor. If you are suitable, your doctor will refer you to your closest Network Pain Management Provider.

IMPORTANT POINTS TO REMEMBER

- There may be no cure for your pain but a Network Pain Management Program can help you manage pain so you can participate in activities at home, work and in the community.
- Network Pain Management Programs are not ongoing. They are intensive programs that run for a fixed time.

GETTING MORE INFORMATION

If you'd like more information about how a Network Pain Management Program can help you please call the TAC on 1300 654 329.

November 2008

