

**This program is located at**  
**137 Thirteenth Street, Mildura**  
**(Corner Thirteenth Street & Deakin Avenue)**

### **General Enquiries**

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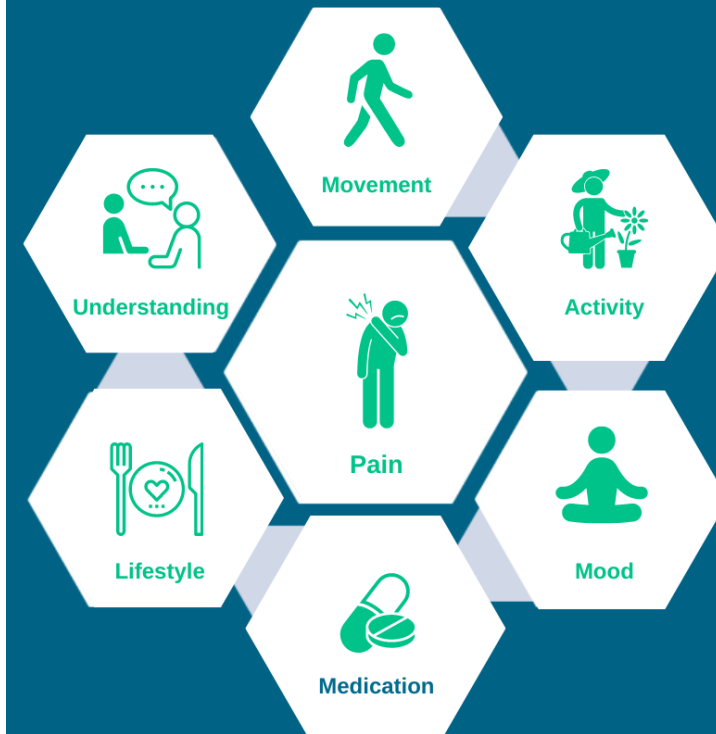
**This program is funded by:**



SCHS would like to acknowledge all the traditional Aboriginal tribes on whose land we live and work as the first people of this Nation

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# **PAIN REHABILITATION SERVICE**



**SCHS**  
Sunraysia Community  
Health Services



## Our Service

Our service works in partnership with your health care providers to deliver an interdisciplinary pain rehabilitation program. This program aims to assist people living with persistent non-cancer pain, by providing coordinated education, treatment and support to improve their quality of life.

## What is pain rehabilitation?

Pain is complex and usually has multiple causes and contributing factors. Many people find that using just one treatment strategy, such as medication, is ineffective. Taking a 'whole person' approach to pain - including movement, mind and education – is helpful in managing pain and improving quality of life.

## Eligibility

To be eligible for this service you should be:

- Over 18 years of age
- Experiencing persistent pain (longer than three months)
- Interested in how to better manage your pain
- Not in receipt of injury compensation (workcover/ Traffic Accident Commission).

## Cost

**Health screening assessment:** no cost

**Understanding pain session:** no cost

**Multidisciplinary assessment:**

Letter outlining assessment and treatment plan with recommendations sent to GP

- Low income: \$26
- Medium income: \$36
- High income: \$124

**Individual Treatment costs:**

- Low income: \$10.50 per visit
- Medium income: \$20.50 per visit
- High income: \$124 per hour

## Service Information

What does the program involve?

- Attending a group session called 'understanding pain' which will explain the causes of persistent pain and the treatments that can help.



- Depending on your needs and interests, you may:
  - Undergo full multidisciplinary assessment with members of the pain team (Nurse, Physiotherapist, Occupational Therapist, Counsellor and Pain Specialist) followed by an agreed treatment plan
  - Engage in individual treatment sessions, which may include exercise, stress management or self care strategies.

The length of your treatment will vary according to your specific pain issues. We provide a tailored approach that helps you to develop self-management skills to best manage your pain.