



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

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 a community-based multidisciplinary pain rehabilitation program. This program aims to assist people living with non-cancerous chronic 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 chronic 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: \$20
- Medium income: \$30
- High income: \$100

Individual Treatment costs:

- Low income: \$10 per visit
- Medium income: \$15 per visit
- High income: \$100 per hour

Service Information

What does the program involve?

1. Attend 'understanding pain' group session which will explain what causes chronic pain and which treatments can help.



2. Attend health screening assessment
3. Depending on your needs and interests, you may:
 - Undergo full multidisciplinary assessment with members of the pain team (Doctor, Nurse, Physiotherapist, Occupational Therapist, Counsellor) followed by an agreed treatment plan
 - Participate in our pain education, stress management and exercise groups
 - Engage in individual treatment sessions as required.