

Who is the program for?

The EMPOWER Program is suitable for patients who have experienced persistent pain that causes disability or distress for more than 3 months.

The EMPOWER Program is right for you if you are ready to take responsibility for your pain control, willing to participate in a group program, and motivated to practise the strategies that you learn in your own time.

You will be supported by a multidisciplinary team to return to your full potential.

For further information, please contact the Program Coordinator on:



Ramsay
Health Care

ramsayhealth.com.au

People caring for people.

MRO033878 RHC Empower Pain National Program 4pp DL 0622

EMPOWER

Persistent Pain Program



A purposefully designed, evidence-based 6-week program to empower you with knowledge and strategies to manage your pain and get back into life.

Rehabilitation**Care**



Ramsay
Health Care

About the program

Persistent pain can have a significant impact on your physical, mental and social wellbeing. It affects everything from the way you move to the way you sleep, stopping you from living life to the fullest.

Ramsay Health Care's EMPOWER Persistent Pain Program is designed to provide you with the knowledge and strategies you need to manage your pain and get back into life.

The 6-week, evidence-based program incorporates supervised exercise, education, and psychological support to empower your recovery.

The program can help you:

- ✓ better understand your pain and the evidence-based strategies for managing it
- ✓ improve your physical wellbeing, so that you feel confident to move and return to everyday activities
- ✓ enhance your mood management and mental wellbeing, so that you build resilience to cope with pain
- ✓ regain your independence and quality of life

Program structure

Ramsay's EMPOWER Program is a 6-week, 12-session program run by a multidisciplinary team of healthcare professionals.

During the program, you'll participate in 3-hour group sessions twice a week for 6 weeks.

At each session, you'll participate in:

- Two small group therapy sessions, where you'll learn more about your pain, the way it impacts your life and the strategies you can use to manage it.
- Supervised exercise, where you'll be guided by professionals to improve your physical functioning and overcome any fear of movement.

Throughout the program, you'll meet with members of the multidisciplinary team, including a pain or rehabilitation specialist, to review your progress.

At the end of the program, your multidisciplinary team will complete a discharge assessment that will be shared with your referring doctor and general practitioner (GP).

This assessment will help you plan for your ongoing recovery and support you to implement the pain management strategies you have learned during the program.

Getting started

To get started on the EMPOWER Program, you'll need a referral from a doctor. This could be a pain specialist, rehabilitation physician or your GP. You'll then need to undergo an assessment with a Ramsay doctor to ensure the program is suitable for you.

The program is scheduled in 6-week blocks, so that you start and finish with the one group. This helps you to build connections and trust with your fellow participants.

You should contact your local Ramsay Hospital to find out the start date for the next EMPOWER Program in your local area.

Cost

Private health funding for the EMPOWER Program will depend on the format of the program at your local Ramsay site.

We have agreements with most health funds and Department of Veterans Affairs which ensure your out-of-pocket expenses are kept to a minimum. Participants will be notified of any costs prior to commencing the program.