



Empowering lives and reducing isolation. It's important for young people living with persistent pain to know they are not alone and it's okay to ask for help.



ST VINCENT'S  
PRIVATE HOSPITAL  
BRISBANE  
A FACILITY OF ST VINCENT'S HEALTH AUSTRALIA

## *LEAP into life*

a pain management program for young people

We admit public, privately-insured, self-funded, Department of Veterans' Affairs (DVA) and WorkCover patients. A hospital, specialist or GP referral is required. For all admission and eligibility enquiries contact our Pain Services Manager on (07) 3456 1770.



ST VINCENT'S  
HEALTH AUSTRALIA

UNDER THE STEWARDSHIP OF MARY AJKENHEAD MINISTRIES

### Contact information:

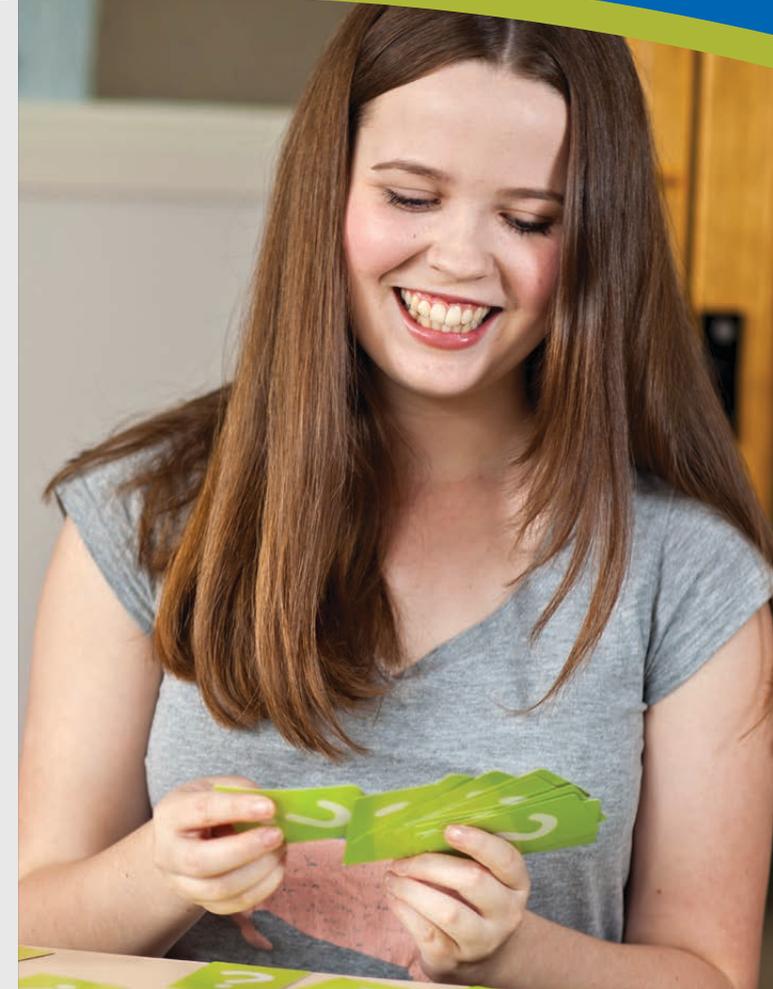
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St Vincent's Private Hospital Brisbane is a Catholic not-for-profit hospital specialising in medical care for those with chronic, complex and multiple health needs.

We are committed to providing compassionate and innovative care, enabling hope for those we serve, especially those who are poor and vulnerable.

We draw on the talents of our people and collaborate with others who share our vision and values to continue the pioneering spirit of Mary Aikenhead and the Sisters of Charity.

*LEAP into Life* is designed to help young people aged 14 – 21 years who live with persistent pain to lead active, healthy and satisfying lifestyles. It is a small group day or inpatient program conducted over 10 days.

The program teaches young people to better manage their pain, giving them a chance to regain confidence and self-belief towards leading a fulfilling and healthy life. It helps young people and their families by:

- ▶ improving their awareness and understanding of persistent pain
- ▶ developing practical and effective pain management strategies

- ▶ improving self-management skills and resilience to manage pain
- ▶ reducing reliance on health services.

Our team of experienced specialists include: pain specialists, clinical nurses, physiotherapists, occupational therapists, psychologists and a dietician. They understand the unique needs of young people as they move from adolescence to adulthood.

*LEAP into Life* is designed to meet the developmental needs of young people. It may include physical and social activities such as:

- ▶ physiotherapy
- ▶ occupational therapy
- ▶ hydrotherapy
- ▶ group outings
- ▶ life skills training
- ▶ relaxation sessions
- ▶ education sessions.

Everyone is unique requiring an individually-tailored approach. Our team of experienced specialists support young people and their families to achieve their goals, helping them acquire the self-assurance and skills to effectively manage their pain and lead a full and satisfying lifestyle.