



Empowering lives and reducing isolation. It's important for 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

RECHARGE for life

a pain management program for adults

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

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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.

RECHARGE for Life is designed to assist adults who live with persistent pain to lead active, healthy and satisfying lifestyles. It is a small group day or outpatient program conducted over 10 days.

The program may be suitable for individuals who have:

- ▶ had pain for more than three months or pain that has extended beyond the normal healing time
- ▶ not responded to definitive surgical or medical treatments
- ▶ become reliant on medication to cope with their pain
- ▶ become distressed due to the pain and are having trouble maintaining an active and independent lifestyle.

RECHARGE for Life can benefit those following a work, home or motor vehicle injury, surgery or long term medical conditions.

Our team of experienced specialists includes: pain specialists, clinical nurses, physiotherapists, occupational therapists, psychologist and a dietician. They will develop a personal pain management plan including strategies and life skills to implement on discharge from the program.

On completion of the program individuals gain:

- ▶ improved awareness and understanding of persistent pain
- ▶ strategies to effectively manage their pain
- ▶ improved self-management skills
- ▶ resilience to manage pain
- ▶ reduced reliance on health services.

Everyone is unique, requiring an individually-tailored approach that fits their lifestyle. Our specialists support individuals achieve their goals, helping acquire the self-assurance and skills to improve quality of life and effectively manage their pain.