

Active Day-Patient Treatment

Seniors ADAPT

PATIENT INFORMATION BROCHURE

MICHAEL J COUSINS PAIN MANAGEMENT AND
RESEARCH CENTRE

Royal North Shore Hospital



Phone - (02) 9463-1521

**Michael J Cousins Pain Management & Research Centre
Royal North Shore Hospital**

Seniors ADAPT Patient Information Brochure

Following your assessment at the Pain Management and Research Centre, you have been offered a place in the three-week Seniors ADAPT program.

This program will give you the opportunity to regain control of your life as you learn skills to manage your pain with minimal outside intervention.

What you achieve in the program will depend on your involvement and commitment. The staff on the program will teach, demonstrate and encourage you in pain management, but there will be no “hands on” care.

You can expect and look forward to a greater sense of control of your pain and your life generally.

THE PROGRAM

The program is conducted on two days, Wednesday and Friday, 9:30am-12:30, for 3 weeks. You will be given a timetable on the first day. There will be a one-month follow up after you have completed the program attendance.

LOCATION

The Pain Management and Research Centre is located on Level 2 (Ground Floor) of the Douglas Building at the Royal North Shore Hospital.

PARKING

You may attend daily from your home. Security parking is available and may be at a reduced rate. There are disabled parking spaces directly outside the Douglas Building, but as you will be aware, you need to display your permit and the permit holder needs to be the one attending the program.

THE GROUP

You will be admitted as one of a group of eight people who have chronic pain. You will all start together on the same day. Most sessions are held on a group basis, but there will be opportunities for seeing staff individually throughout the program.

ADMISSION

- Please arrive at the Pain Management and Research Centre on the first day at 9.15 am
- You will be given orientation to the program and the Centre. You will have the opportunity to review your medication intake during the program.
- There are tea and coffee facilities in the clinic free of charge.

WHAT TO BRING

- Medical clearance for participation from your general practitioner
- Wear casual clothing suitable for exercising, e.g. shorts, track suits and joggers.
- Bottle of water
- Pen
- Medications as required
- Timer, e.g. Electronic Timer Clock Model Y1022 available from Dick Smith's at \$17.00 plus GST. It must have countdown and stopwatch functions. You can also use your Smart Phone as a timer.
- Bag for carrying daily needs.
- Please bring any snacks you may require

DISCHARGE

After the 1 month follow-up, a report of your progress during the program will be sent to your doctor. You will be encouraged to integrate the strategies into your normal lifestyle over the following four weeks.

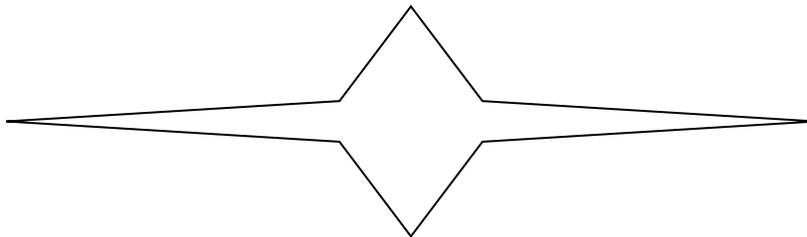
FOLLOW-UP

You will be given appointments to return to the Centre one month after your completed program. This will give you the opportunity to show how you have progressed and to discuss any difficulties you may have experienced since your return home. If you find you are having difficulties, we encourage you to ring the staff here as soon as you experience them rather than wait for the follow up.

TELEPHONE NUMBER OF ADAPT OFFICE - (02) 9463-1521

ENQUIRIES

If you have any problems that you would like to discuss regarding your attendance at the program, please contact our Program Coordinator Susan Wood (02) 9463-1509



The Seniors ADAPT Program
Michael J Cousins Pain Management and Research Centre
Royal North Shore Hospital
ST LEONARDS NSW 2065

Phone: (02) 9463-1500

Fax: (02) 9463-1050