



## Be Pain Smart – My Role

### Getting back into the community

Getting back into the community can be hard after you have a brain injury and chronic pain.

It can be helpful to think about the community ties that you had before. Who were the people that you connected with in your community? Think about whether you are able to continue your connection and if these connections remain important to you.

**Who did you connect with in your community?**

You might want to find a new community group, and there are probably many in your area. Think about your interests and search in your local area to find a community group that would work for you. It can be helpful to check with your local council to find out about the groups in your area.

### Support groups

It can also be good to meet people who share your life experiences. This can help you to feel supported and connected, and you can help each other to manage your pain and get back on track. It can be helpful to connect with a support group in your local area or online. A support group will help you make sense of your experience and support you to manage your life. You will get ideas from other people about how they have coped with their situation and it can be helpful to see that other people have shared your experiences.



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There are a few different options:

**Brain injury  
support groups**

**Chronic pain  
support groups**

**General disability  
support groups**

There are different support groups available in different areas. With support from a family member or carer, you can search for one local to you. Use the links below to get started.

### Brain injury support groups

- [Brain Injury Australia](#)
- [Synapse](#)
- [Acquired Brain Injury Services \(ABIS\)](#)

### Chronic pain support groups

- [Chronic Pain Australia](#)
- [Complex Regional Pain Syndrome \(CRPS\) Network Australia](#)
- [Australian Pain Management Association](#)
- [Connect Groups](#)
- [The Purple Bucket Foundation](#)

### General disability support groups

- [Physical Disability Council of Australia](#)
- [Connect Groups](#)
- [Humankind](#)

Use this information to make a plan for getting back into the community. See the example below.



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### My plan for getting back into the community

**What kind of group?**

*Pain support group*

**Does the group meet in person or online?**

*In person*

**Group name?**

*Central Coast pain group*

**Who to contact?**

*Brian McAdams*

**Contact information**

*0412 345 678*

**When do they meet?**

*Every Tuesday morning at 10.00am for 2 hours*

**Where do they meet?**

*Central Coast Town Hall  
123 Town Hall Rd, Central Coast*



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Now you need to make a plan. Write down the information you need to connect with this group.

### My plan for getting back into the community

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or online?**

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**Group name?**

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**Who to contact?**

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**Contact information**

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**When do they meet?**

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**Where do they meet?**

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