



Our Mob

Look after your mind, body and spirit to manage pain

YOU CAN CHANGE your pain

How to get help?



You can't see it, but it's real.



- Talk to your Aboriginal Health Worker or ask to see an Aboriginal Liaison Officer
- Complete your **DEADLY Pain Plan**
- See your doctor
- Ask for a second opinion
- Ask for a referral to your nearest pain clinic*

www.aci.health.nsw.gov.au/__data/assets/pdf_file/0018/406521/OurMob_HealthPlan_Fillable_Form_ACI161214.pdf

www.aci.health.nsw.gov.au/__data/assets/pdf_file/0003/212772/ACI-Chronic-Pain-Service-Information.pdf

* Video consultation with your doctor to the pain team may be an option at some clinics.

NB: If you experience a rapid deterioration related to your medications, consider attending an emergency department.

Our Mob My deadly pain plan **YOU CAN CHANGE your pain**

What is important to me? _____

What do I want to be able to do 6 months from now? _____

How can I start working on this today? _____

Who can help me stay on track? _____

PAIN PLAN	WHAT I WANT TO DO?	WHAT I WILL DO?
Getting off painkillers	e.g. Sleepy cut down	e.g. Talk to my doctor next appointment
Start moving, keep moving	e.g. Walk to school with the kids by next term	e.g. Walk around the block each day this week
Make healthy eating normal	e.g. Lose 5 kilos by the end of the year	e.g. Cut out coca cola first
Sleep	e.g. Sleep 6 hours every night	e.g. Cut out daytime sleeps
Look after my mind and spirit		
Sleep better		

The plan can be updated every 4-6 weeks so you keep improving.
www.aci.health.nsw.gov.au/chronic-pain/our-mob



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