

# Long term pain can be a pain for our partners as well.

The impact of pain on partners and loved one's can be considerable. Health research has increasingly acknowledged the importance of the social environment and support systems on the potential of people to overcome the challenge of chronic diseases such as persistent pain.

Helping our partners or loved one's best deal with persistent pain can be a real challenge for all concerned. Partners who have taken the opportunity to understand the complexity of persistent pain are better positioned to be effective agents of support and change.

This support can help enable the changes in mindset, stress management, movement, medications, nutrition and self-management strategies that can foster people's return to better health after being impacted by persistent pain.

Being open to enabling our partners to find new ways of tackling life's challenges, being supportive without compromising independence and self-esteem, and having conversations that promote discovery, SMART goal setting and the pursuit of quality in life, can all be of enormous value.

**To help people address this challenge, RUBIX HEALTH are presenting a free seminar to help people understand the nature of persistent pain and what strategies can be adopted to best assist people to move forward when confronted by such pain.**

**When:** Wednesday 30<sup>th</sup> January 2018 6.00 till 7.30pm

**Where:** The Busselton Community Resource Centre, 21 Cammilleri St, Busselton

**Who should attend:** Partners, carers and other loved ones of people with persistent pain...and those experiencing persistent pain

**How do I register:** Registration is required. Contact RUBIX HEALTH via phone on 97524174, email [admin@rubixhealth.com.au](mailto:admin@rubixhealth.com.au) or drop in to 55 Bussell Highway reception.

**How much does it cost:** Nothing, RUBIX Health are providing the seminar free of charge.

**Who is presenting:** Dr Donnetta Charles, Medical Director of RUBIX HEALTH, Ariane Aldus, Physiotherapist and RUBIX HEALTH pain Management Course Coordinator and David Barton, Physiotherapist and RUBIX HEALTH Director.

*"People with persistent pain can live an active and meaningful life"*

RUBIX HEALTH are currently presenting a series of pilot pain management course across 2018/19 to help people understand persistent pain, self-management strategies and steps to be active and get fit. The 6 week courses include a multidisciplinary team of a Psychologist, Physiotherapist, Nutritionist, Pharmacist and Personal Trainer.

The Pain Management Pilot Courses are presented by a Federal Government Grant via the West Australian Primary Health Alliance.