



Healthy Living with Chronic Pain

Provided by the Milwaukee County
Department on Aging in partnership with
the Wisconsin Institute for Healthy Aging
and the Self-Management Resource Center



Why is *Healthy Living with Chronic Pain* needed?

- Chronic Pain affects more Americans than diabetes, heart disease and cancer combined.
- 4 in 10 Americans say pain interferes with their mood, activities, sleep, ability to do work or enjoyment of life.
- Pain is a component of many long-term health issues.
- Many struggle to find ways to manage their chronic pain.



Consequences of Chronic Pain

- In the US, the total annual incremental cost of health care due to pain ranges from \$560 billion to \$635 billion
- Chronic pain is the most common cause of long-term disability
- The annual value of lost productivity ranged between \$297.4 - 335.5 billion
- Emotional and physical toll on individuals and families



The *Chronic Pain* Program

- Community workshop
- 10 - 18 participants
- 2.5 hour sessions, once a week, for 6 consecutive weeks
- Led by 2 trained Leaders
- Pre-set curriculum
- For individuals with chronic pain or someone who lives with someone who does
- Exists in nearly all U.S. states



The *Chronic Pain* Program

- Evidence-based
- Meets AoA's highest standard
- Developed by Stanford University's Patient Education Research Center
- Disseminated through the Self-management Resource Center (SMRC)
- Developed over years of:
 - pilot-testing
 - refinement
 - evaluative research



Researched and proven Studied participants show:

- Improved energy and mental health
- Decreased pain
- Less dependence on others
- More involvement in daily activities
- Better ability to understand pain and use coping skills
- Improved quality of life!

Program's Underlying Concepts



- People dealing with pain issues have similar experiences and problems
- People must manage their pain and the impact it has on their lives and emotions
- Lay Leaders facilitate this workshop as effectively, if not more effectively, than health care professionals
- The program *process* is as important, if not more important, than subject matter

Target Population



- Any aged adults with chronic pain; e.g., low back / neck pain, or pain that radiates from your shoulders into your arms; others may have fibromyalgia, headache, pelvic pain, or complex regional pain syndrome.
- People who live with someone who has chronic pain

Weekly Contents



1. What is Pain?, Mind-Body Connection, Quality Sleep, Action Plans (happens every session)
2. Dealing with Difficult Emotions, Intro to Physical Activity, Better Breathing, Fatigue Management
3. Pacing, Evaluating Treatments, Decision Making
4. Healthy Eating, Communication Skills, Problem-Solving
5. Medication Usage, Depression, Positive Thinking, Stress and Relaxation Techniques
6. Working with the Health Care System, Communicating about pain, Weight Management, Planning for the Future

Leader Training



- Come in pairs, or solo if you already has a trained Leader to co-facilitate with
- Four *full* days – must attend all to learn:
 - The issue and impact
 - *HL w/ Chronic Pain* curriculum
 - Skill building & practice
 - Support; during and after training

Leader Qualifications



- Friendly personality and comfortable leading small groups of adults (10-18 people)
- Time commitments: Training and Workshop
- Comfortable following a script
- At least one Leader has a chronic pain
- Experience with chronic pain– personal or professional
- Past participants encouraged!

Leader Expectations



- Attend all of 4-day Leader training
- Work with a local Program Provider
- Lead workshops in pairs; both certified by a Master Trainer
- Lead two workshops each year
- Adhere to the curriculum
- Use required materials
- Follow WIHA protocols:
Workshop notification forms and data collection

Chronic Pain Toolbox Chart

included

Living a Healthy Life with Chronic Pain

Sold separate

<https://www.bullpub.com/catalog/Living-a-Healthy-Life-with-Chronic-Pain>

Chronic Pain

wiha

SMRC

QUESTIONS?

Jennifer Lefebber
 Evidence-Based Programs Coordinator
 414.289.6352
 Jennifer.Lefebber@milwaukeecountywi.gov

MILWAUKEE COUNTY
 Department on Aging