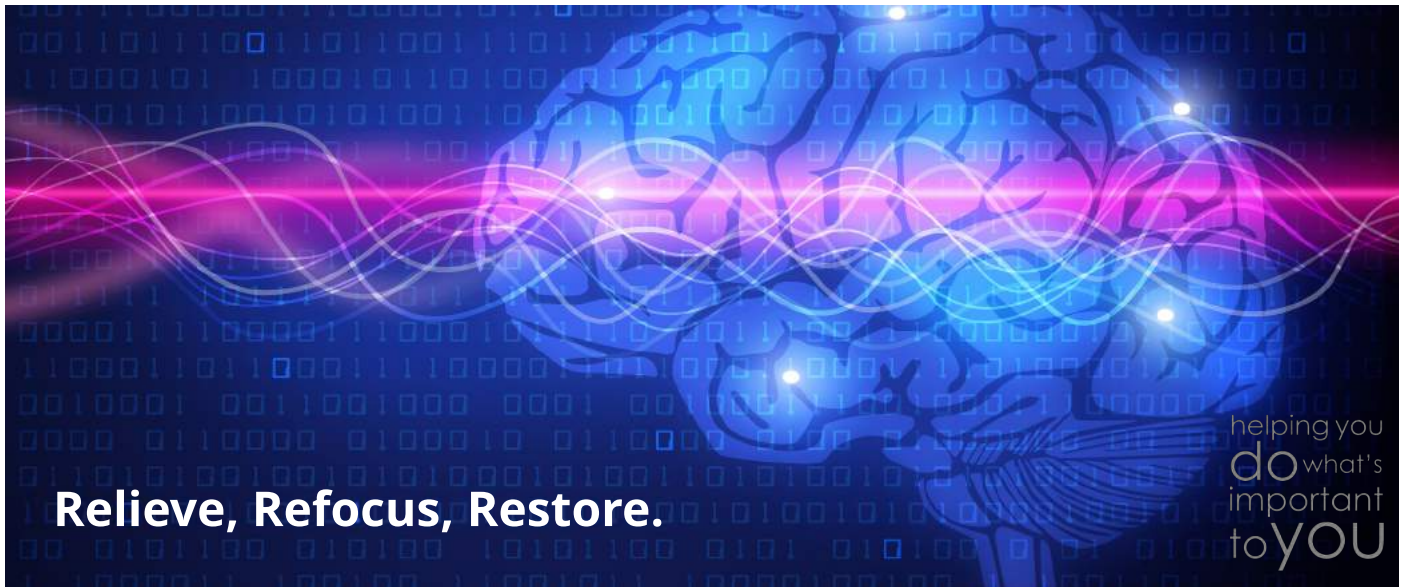




Chronic pain slowing you down?



Relieve, Refocus, Restore.

helping you
do what's
important
to YOU

Talk to TADWA.

Pain can affect anyone, and the symptoms of pain can interfere with all aspects of life. One in five Australians suffer from chronic pain, making it a massive social and economic issue.

Brain:Body Pain Solutions is a new TADWA service, blending occupational therapy and technology to help break the pain cycle.

We use moderation of pain symptoms, pain education and strategies to help improve your coping skills. We call this process Relieve, Refocus and Restore.

Our toolkit includes a range of sensory techniques - both traditional and new evidence-based techniques like Virtual Reality.

Brain:Body Pain Solutions is a unique way of helping people with chronic pain and a way of being able to help you do what's important to you.

To learn more, talk to TADWA. **1300 663 243**

enquiries@tadwa.org.au - www.tadwa.org.au

Relieve

- Working with all your senses
- Traditional therapy techniques
- New approaches including VR

Refocus

- Helps understand the connection between your body and your brain
- Learn the ability to retrain your brain

Restore

- Pacing techniques
- Re-mobilisation
- Help reconnect with what's important to you.



TADWA

Technology for Ageing & Disability

