



**Prevent. Adapt. Learn. Maintain.**



In association with **PAIN ASSOCIATION**  
SCOTLAND

A unique work-place solution  
helping those with chronic pain  
the in workplace.

**A healthier team for a thriving  
business.**

# Our Background & Mission

The organisation has developed expertise in an effective interactive person-centred approach which helps to engage people in the principles of self-management and motivates them to adopt new ways of thinking based on a better understanding of their health and themselves.



We help organisations reduce the hidden productivity cost of chronic pain by giving employees practical, evidence-based tools to manage pain, fatigue and flare ups, helping them to stay well at work.

The aim of the programme is to give an overview of chronic pain and to help you as an employer/manager understand what can be done in a work setting to deal with it. The aim of this work is to help create a situation where you and your employees are better informed and can work together to help improve the situation and in so doing enable employees stay in work and to continue to be of value to your business or organisation.

# Understanding chronic pain

Chronic pain is a major personal, social and economic issue. For the majority of those suffering from chronic pain, it is not about the length of time they have had the pain, it's about the loss of function, loss of identity, loss of mental health and indeed for many, a loss of hope. (*Eccleston, 2011, 2016*).



Our programmes do not claim to change pain levels but rather aim to reduce the suffering component and change maladaptive habits.

**Chronic pain is a major health and well-being issue.**



It affects approximately 44% (28 million) of the uk population.

Or

1/5<sup>th</sup> of the world population



Supporting you to create a culture to promote health, prevent ill-health & support adjustments.

PALM provides:

- On-line programme with 24/7 access
- On-demand modules with the add – on option of live sessions for additional support
- low-cost & high value per employee



The big thing to remember about chronic pain is that everyone is different, even if they have the same diagnosis.

People are affected in different ways physically and emotionally. Obviously, the severity of someone's condition is important, but so too is how they manage it and their coping skills. And it's a special kind of coping and managing that we are seeking to improve in these films.

## There is an urgent health crisis:

- 1 in 5 adults of working age are out of the work force due to health issues.



- Mental Health is rising sharply

- Older workers are leaving the workplace early

- Disabled people are locked out of work at twice the rate of non-disabled people



# The reality

Most wellbeing strategies don't address chronic pain. Chronic pain is hard to treat medically and lots of people are told 'I'm sorry there's nothing more we can do for you'. People often feel isolated and confused, trying to deal with the substantial challenges of on-going pain and limitation.



This is an opportunity for both employers and teams to understand what it's like living and being in work with chronic pain. Learn how small adaptations can benefit both the employee and business, creating a culture to promote health, prevent ill health and support adjustments.

CPD accredited.



# Benefits for your business

- Reduced sickness absence



- Improved productivity and focus



- Improved staff retention

- Lower burnout & higher presenteeism



- Support for proactive wellbeing and long-term conditions

- Disability inclusion



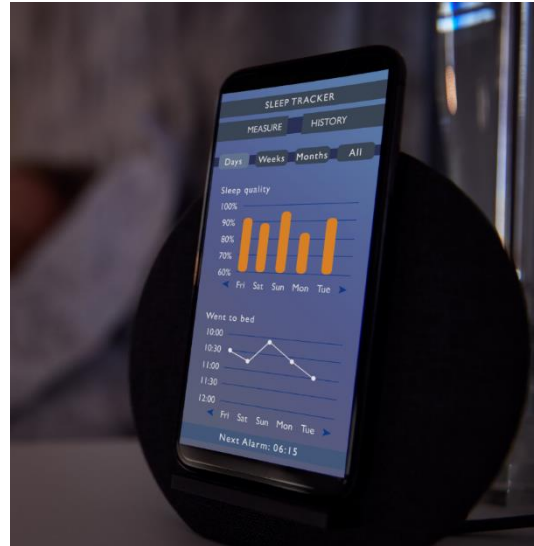
## Benefits for the employees

- Increased hopefulness
- Feeling calmer and less reactive to pain
- Improved mood
- Enhanced sense of control over their condition
- Breaking out of unhelpful habits
- Reduced reliance on medication



- Fewer instances of “boom and bust” cycles
- Better ability to prioritise, plan, and pace activities
- Feeling more relaxed

- Staying in work
- Engaging in meaningful activities
- Improved sleep



- Better understanding of their condition and its triggers
- Greater emotional awareness



- Reduced stress
- Increased participation in life
- Decreased feelings of isolation

# What people say about our work.

*“The course has helped me understand pain in a different way and manage it better. I found out things that I wish I had known years ago.”*

*“I loved the way I got encouraged and the coach let us talk and discuss ideas as an equal group rather than it being a lot just teaching.”*

*“It was good to meet others in a similar situation and gain valuable insights and skills to cope better with my pain moving forward.”*

*“It was as an open and honest course that gave you a clearer clarity on how physical and emotional pain are interlinked. There were discussions and examples of different tools on how to manage pain. The course was well presented and open for discussion. Very beneficial.”*

*“Attending the course has taught me some new ways to look at things which has been very useful. I enjoyed the non-medical approach to dealing with pain as I prefer to avoid medication unless desperate.”*



## Why it works:

- Focus on behaviour changes and self-management
- Empowers employees rather than simply medicalise them
- Complements existing employee benefits.

We understand and can help you lead the way to change for a healthy working lifestyle.



Contact us to see how we can help you meeting your organisation's needs & provide your team with tools and helpful support.

[info@painassociation.com](mailto:info@painassociation.com)

0800 783 6059

Scan to find out more

