



Advice for Families, Friends and Carers of People with Chronic Pain

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If you require the information in this leaflet in a community language or alternative format

e.g. Braille, easy read or audio please contact the Equality and Diversity Team at:

fife-uhb.equalityanddiversity@nhs.net or telephone 01383 565142

Advice for Families, Friends and Carers of People with Chronic Pain

It is important to recognise that chronic pain doesn't just impact on the individual. It also affects those around them.

What can you do?

Offer help but encourage them to be as independent as possible.

Encourage your family member to **pace** their activities .

Pacing means:

- Not overdoing it.
- Breaking tasks into small chunks.
- Getting into a manageable routine.

Pacing helps people **break the cycle** of 'good' and 'bad' pain days.

You can help with:

- Planning, encouraging and accepting someone's need to pace.
- It can be difficult to pace for people who used to always get things done quickly.

Once someone is good at pacing it's possible to gradually do a bit more.

Working Together

Talk to each other to see if chores can be shared.

- Get into a routine of sharing the chores.
- Don't take over the things s/he can still manage. Being over-protective sometimes isn't helpful.
- Encourage and reward others for doing their share of tasks.

Dealing with setbacks

- Find time to agree and organise a setback plan.

Most families find it helpful to plan for setbacks. Writing out a setback plan is helpful e.g. have emergency ready made meals in the freezer.

Relaxation

- Encourage making time for short private breaks to deeply relax.
- Everyone can benefit from relaxation. Especially those who are worried about a loved one. So why not practise it together.

Learning relaxation or meditation is good pain management. Pacing activities and relaxation are not laziness. It is taking positive steps to manage pain.

Plan quality time together

Good pain management will help build confidence. Why not set a goal to plan an enjoyable outing together?

Further information and resources are available on:

- <http://sites.google.com/site/fifepaininfo/>
- www.painassociation.com
- www.painconcern.org.uk/
- Access to the internet is also freely available at your local library.