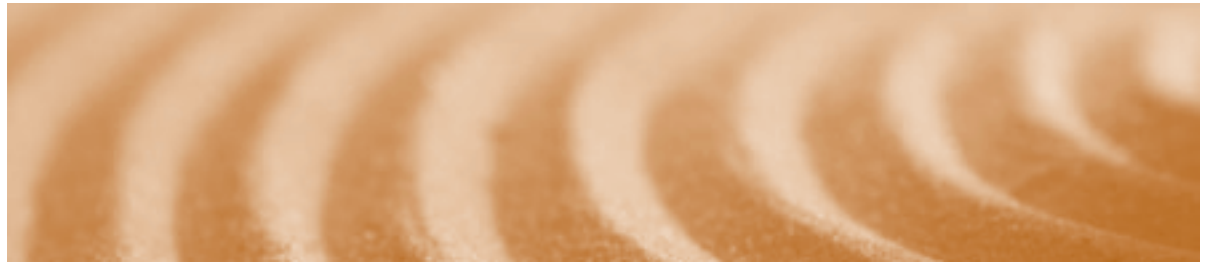


## *Pain Rehabilitation Center Family Program*



Chronic pain affects not only the person experiencing the physical pain, but extends to spouses, partners, siblings, parents, children and others with whom the person has a caring relationship. Problems that frequently arise include financial strain, miscommunication, resentment, confusion, isolation and a shifting of responsibilities as the activities of daily life are altered due to pain. Family and friends often report feeling helpless and frustrated as they attempt to deal with the many issues related to chronic pain.

The Pain Rehabilitation Center (PRC) Family Program offers education, support, and an opportunity to meet others in similar situations. Session topics include learning to distinguish between acute and chronic pain, using the PRC concepts, practicing specific behaviors to support one living with chronic pain, and the importance of caring for one's self.

Family members and significant others are strongly encouraged to attend the two day PRC Family Program while their loved one is participating in the PRC program. The PRC Family Program is offered on **Thursday and Friday from 8:00 to 5:00** every week. The schedule includes sessions for the family and their loved one to attend together as well as sessions for the family members only.

Family members may also meet privately with an RN Primary Care Coordinator and may attend Medical Rounds with permission of their loved one. Ample time is provided for breaks and lunch; participants often choose to eat in the Saint Marys Hospital Visitor Cafeteria or in one of several local restaurants.

Registration for the PRC Family Program is not necessary. However, if you know the dates you would like to attend, please communicate this to your loved one's RN Primary Care Coordinator if possible. For additional questions, please contact the PRC desk at (507) 255-5921.