

CJE LifeNOTES

Tips on healthy and enriched living from CJE SeniorLife

***“I’m in chronic pain
and I need help.”***



How to Manage and Get Help for Pain

If you suffer from significant chronic or severe pain

You are not alone

Nearly 50 million American adults
have significant chronic or severe pain.



Here's Where to Start

Understand your pain.

Is it purely physical? What's your tolerance for it? How much pain can you stand? Everyone is unique. Chronic pain can be very complex.

Keep a pain diary.

Maintaining a daily pain diary or journal will help your doctor evaluate your pain. Every day, you need to record your responses to the questions below in order to make it as complete and informative as possible.

How to keep a pain diary

Answer these questions to describe your pain:

- Where does it hurt? Does the pain move from place to place?
- When does it occur? How long does it last? Does the pain come and go?
- Have you had this pain before?
- Does the pain keep you from doing things you want to do? Does the pain disrupt your sleep? Does the pain put you in a bad mood? Are relationships being affected by this pain?
- What makes the pain better or worse? Is there a trigger for the pain?
- What does your pain feel like? Use words like: pulsing, throbbing, shooting, radiating, tingling, itching, stinging, aching, numbing, squeezing and burning.
- How much pain am I experiencing? Give your answer on a scale of 1 to 10, with 10 being the most painful.

Get your printable pain diary at:
www.cje.net/paindiary

Find the cause of your pain

See your doctor for an assessment and diagnosis.

Discuss your symptoms and your medical history (including any illness, injury or surgery). Your doctor will examine you and may order blood tests or other diagnostic tests.

Involve an interdisciplinary team for best results.

Involve a team of professionals that includes physicians, nurses, physical therapists, pharmacists, social workers, occupational therapists, psychologists, nutritionists and significant others.

Maintain good communication.

Follow these tips:

- Be sure to ask questions without hesitation or fear.
- Take an active role in your pain management. By researching and learning all you can about your pain (using reliable sources), the more accurately you can communicate and be your own advocate.
- Be honest in your conversations with professionals. Ask probing questions and express concerns.
- Share relevant details. The more information that you can give, the more your team will be able to devise a successful treatment plan for relieving your chronic pain.

Receive a personalized treatment plan.

This is the outcome of all the hours of testing and appointments you may have endured. It is very important and should be followed carefully.



How can CJE SeniorLife help?

We can refer you to the following supportive services:

- CJE Counseling—We believe in the mind-body connection and can
 - Address symptoms of depression, anxiety, and other mental health issues that might occur while dealing with pain.
 - Provide empathy and understanding for your condition.
 - Support and guide your efforts to find healthcare.
 - Teach mindfulness, meditation, breathing, relaxation techniques.
 - Help you examine your core values and belief systems that may give you strength as you address these issues.
- CJE Care Management—We make assessments, develop Care Plans and refer clients to free and low-cost services like home care, meals and friendly visits. Must meet financial eligibility requirements.
- Your Eldercare Consultants—A fee based service that interacts closely with clients. We develop Care Plans, explain medical issues to and advocate for clients, escort to appointments and more.
- Consumer Assistance—Consumer Assistance can help you
 - Find health care providers that accept your insurance. and explain your coverage for you.
 - Help you get medications at the best price.
 - Request medical records from previous providers.

To find out more about our many services and programs, Call CJE SeniorLife at 773.508.1000.

THE CJE ADVANTAGE: We offer a full continuum of care. Individuals of all ages, faiths and income levels can access life-enriching opportunities, resources and healthcare. Our Jewish values make us the provider of choice for enhancing lives and navigating the process of positive aging.

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CJE SeniorLife® is a partner with the Jewish United Fund in serving our community.

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