

## 免費六星期 慢性疼痛自我管理課程 (廣東話)

### 課程內容：

- 處理慢性疼痛，疲勞，抑鬱的有效措施
- 制訂合理運動，健康飲食計劃
- 享受更多運動，讓自我感覺更好的方法
- 更好管理用藥，與醫生進行有效溝通的策略

語言：廣東話

日期：10月23日, 30日, 11月6日, 13日, 20日, 27日 (逢星期三)

時間：上午 9:30 . – 中午 12:00

地點：耆樂中心 - 課堂 C 室  
3333 Finch Ave East

歡迎所有患有慢性疼痛的成人、長者及看護人士參與。

所有參與人員將免費獲贈“實踐健康生活 – 慢性病自我管理手冊”一本及培訓手冊一份。

參加者請於 **10月16日或之前**報名。

報名登記請致電 SPLC (416) 493 – 3333。

“慢性病患者自我管理  
實現健康生活”

慢性疼痛自我管理課程大綱

課程大綱 (慢性疼痛)						
	第一週	第二週	第三週	第四週	第五週	第六週
自我管理課程和慢性疼痛概論	✓					
什麼是疼痛?	✓					
運用思想來管理症狀	✓	✓			✓	✓
良好睡眠	✓					
制定行動計劃	✓	✓	✓	✓	✓	✓
行動計劃反映		✓	✓	✓	✓	✓
解決問題		✓				
處理困難情緒		✓				
體力活動與運動		✓	✓	✓	✓	
更好的呼吸		✓				
疲勞管理		✓				
平衡休息, 活動與計劃			✓			
治療方案評估			✓			
如何做出明智決定			✓			
健康飲食				✓		
溝通技巧				✓		✓
慢性疼痛藥物治療					✓	
抑鬱管理					✓	
如何同醫療團隊人員及醫療機構溝通						✓
體重管理與控制						✓
未來計劃						✓

欲了解課程詳細信息：  
或致電：(416) 493 -3333



Central East Self-Management Training Program

A **free** six-week program  
In **Cantonese**  
on Self-Management for  
People with **Chronic Pain**

## Learn About:

- Effective ways to deal with chronic pain, fatigue and depression
- Setting up exercise and healthy eating plans
- Ways to feel better and do more of the activities you enjoy
- Strategies for better managing your medication and communicating with your doctor

**Dates:** Oct 23, 30, Nov 6, 13, 20 & 27 (Wednesdays)

**Time:** 9:30pm – 12:00pm

**Location:** SPLC – Seminar Room C  
3333 Finch Ave E

Older adults, seniors with chronic pain, and caregivers are welcome to attend.

Participants will receive a free copy of the book *Living a Healthy Life with Chronic Conditions*.

**Pre- registration is required on or before Oct 16, 2019.**

To register please call: SPLC at (416) 493 - 3333.



Self-Management Program  Ontario

## “Living a Healthy Life with Chronic Conditions”

Workshop Overview (Chronic Pain)						
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Overview of self-management and chronic pain conditions	✓					
What is pain?	✓					
Using your mind to manage symptoms	✓	✓			✓	✓
Getting a good night’s sleep	✓					
Making an action plan	✓	✓	✓	✓	✓	✓
Action plan feedback		✓	✓	✓	✓	✓
Problem-solving		✓				
Dealing with difficult emotions		✓				
Physical activity and exercise		✓	✓	✓	✓	
Better Breathing		✓				
Fatigue management		✓				
Pacing and Planning			✓			
Evaluating treatments			✓			
Making decisions			✓			
Healthy eating				✓		
Communication skills				✓		✓
Medications for chronic pain					✓	
Depression management					✓	
Working with your health care professional and organization						✓
Weight management						✓
Future plans						✓

**For more information about this program:**

**Phone: (416) 493 -3333**