

A new compass guiding people on their pain journey

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People who live with chronic pain will now find it easier to find alternative holistic treatments with the launch today of the new look and improved National Pain Services Directory.

The updated directory was made possible by funding from the Australian Government and was launched by Senator Wendy Askew at the Parliamentary Friends of Pain Management Group event at the Capital Pain and Rehabilitation Clinic in Deakin which is celebrating 20 years of service to the Canberra community.

“The directory provides a comprehensive list of more than 200 pain clinics who treat all types of pain conditions and can help consumers and GPs to find help from every region across Australia,” Senator Askew said.

Painaustralia CEO Carol Bennett said the National Pain Services Directory was a practical resource tool not only used by consumers but also by GPs and other health professionals who are looking for evidence based, holistic treatments.

“The updated directory has sophisticated search functionality which enables people to find a clinic in their own state and territory, related to specific pain conditions, a public or private facility, and geographical location with a ‘use my location’ button that is highly accurate and can pinpoint services directly to where someone lives or works,” she said.

Megan Kuleas, 31, from Canberra, lives with chronic pain after being diagnosed with Endometriosis, Adenomyosis, Poly-Cystic Ovarian Syndrome and a heart condition due to her pain.

“Currently, 3.4 million people in Australia experience chronic pain, and I am one of these people. My conditions are not visible so although I look healthy each day, I often experience chronic and acute pain and other unfortunate side effects,” she said.

Her pain differs each day and there are days where she can’t physically move and is bedridden.

“It is so challenging, some days it can feel like the inside of my body has been ripped apart,” she said.

Ms Kuleas said the directory was ground-breaking for people who live in pain, like herself.

“The directory will not only assist people who live with pain, both new and old, but also their carers, loved ones and other medical professionals,” she said.

“The ability to search using location is extremely beneficial particularly for those whose access to medical treatment is restricted by distance and location. As a person who lives with pain myself, I am grateful to Painaustralia and the Department of Health for the directory which provides a practical resource for those like me navigating their pain journey.”

The directory is available at <https://www.painaustralia.org.au/pain-services-directory/pain-directory-2021>

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About Painaustralia

Painaustralia is Australia’s peak national pain advocacy body working to improve the quality of life of people living with pain, their families and carers, and to minimise the social and economic burden of pain on individuals and the community.

Media enquiries

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