

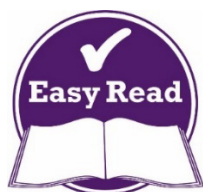


**NDIS Quality  
and Safeguards  
Commission**

# Managing your pain

What you need to know

Easy Read fact sheet

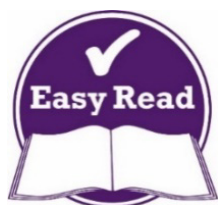


## How to use this fact sheet



The NDIS Quality and Safeguards Commission (NDIS Commission) wrote this fact sheet.

When you see the word 'we', it means the NDIS Commission.



We wrote this fact sheet in an easy to read way.

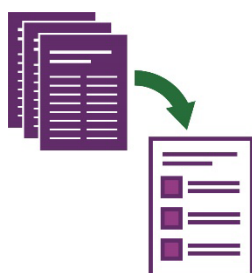
We use pictures to explain some ideas.

**Bold**  
Not bold

We have written some words in **bold**.

This means the letters are thicker and darker.

We explain what these words mean.



This Easy Read fact sheet is a summary of some information in a video.

This means it only includes the most important information.



You can find the videos on our website.

[www.ndiscommission.gov.au/workerresources](http://www.ndiscommission.gov.au/workerresources)



You can ask for help to read this fact sheet.

A friend, family member or support person may be able to help you.

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## What are the different types of pain?

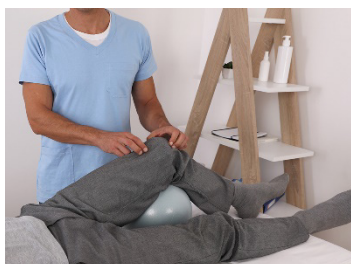
There are different types of pain that can be managed by health care workers, like a:



- doctor



- dentist



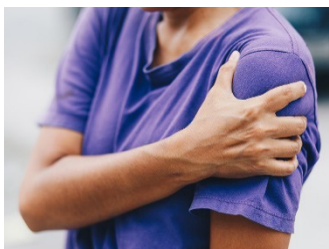
- physiotherapist – someone who helps you reduce pain or increase movement in your body.

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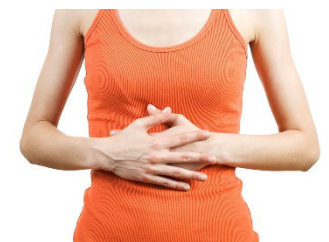
People with disability might experience pain in their:



- head



- muscles



- stomach



- teeth



- ears



- other parts of their body.



People with disability are more likely to have pain than other people.



But people with disability may not be able to tell other people about their pain.



They might not get the help they need to manage it.

If pain is not treated, it can affect how:



- your body works



- you think and feel.

## How can you manage your pain?



There are different ways you can manage your pain.



People who support you can help you manage your pain.

People who support you can be:



- NDIS workers



- health care workers



- family members or friends



- other supports and services.



They can help you stay:

- safe
- healthy.



People who support you can help you find and use health services when you need them.

They can help you go to a doctor so they can:

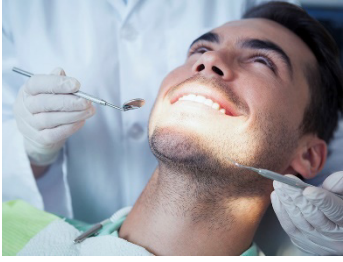


- help you manage your pain



- check the medicines you take.





They can also help you go to a dentist.

A dentist can help you if you experience pain:

- in your mouth
- with your teeth.



A physiotherapist can also help if you have pain.

They can keep your body moving and with less pain.



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## More information for you



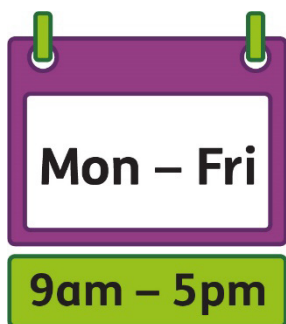
If you want more information about managing your pain, you can go to our website.



[www.ndiscommission.gov.au/workerresources](http://www.ndiscommission.gov.au/workerresources)

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## Contact us



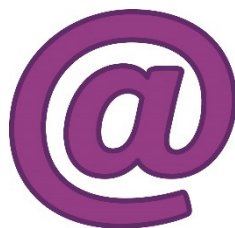
You can call us from 9am to 5pm,  
Monday to Friday.



If you live in the Northern Territory, you can  
call us from 9am to 4.30pm.



**1800 035 544**



You can send us an email.

[contactcentre@ndiscommission.gov.au](mailto:contactcentre@ndiscommission.gov.au)



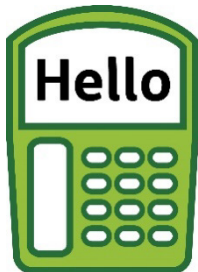
You can write to us.

NDIS Quality and Safeguards Commission  
PO Box 210  
Penrith  
NSW 2750



You can go to our website.

[www.ndiscommission.gov.au](http://www.ndiscommission.gov.au)



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