

RECOUP Program

Rehab & Education for Control Over Unresolved Pain

The Rehabilitation Pain Service (RPS) offers a service to help you learn practical strategies to use in daily life to help manage your pain. Participants can expect to learn more about the nature of pain and experience the benefits of coaching and self-management through virtual/telephone consultations.

Our program pairs participants with coaches. Your coach will help you identify goal(s) in areas of life that are important to you. Together with your coach you will plan your next steps to help you achieve this goal. This program is delivered virtually and may include on-site classes/groups or community resources. Your coach is your touchpoint through the program and will help you plan for continued success after you are discharged from this time-limited program.

This program may be a good fit for you if you are committed and motivated to make changes in your daily habits such as:

- Activity scheduling, pacing yourself
- Increasing appropriate exercise
- Monitoring and adjusting your posture, body awareness
- Improving sleep routines
- Using strategies to manage stress better



Role of Coaches:

Your coach will meet with you occasionally by phone/video to help with the following:

- Goal setting
- Following-up with you to support progress towards your goals
- Communicating progress to your pain doctor/team
- Connecting to community resources to continue practicing strategies after discharge

What to Expect:

- Once we receive your referral, you will be given a video link about chronic pain to watch. It is available in the introductory email sent to you by our program administrator.
- Next, you will have a telephone consult with our pain education lead to provide you with the opportunity to ask any questions about the program or the pain education video. During this conversation, you will inform us of your continued interest in our program.
- If you decide this program is right for you, a program administration fee of \$30 will be collected and you will be assigned a coach.
- If you decide to enroll in the program, your assigned coach will contact you to book a session (over the phone or video call) to discuss your individual needs and help plan for your next steps in the program.
- **Note: RECOUP programming is delivered virtually by telephone and video. Participants are encouraged to have access to the internet, email and equipment for videoconferencing (computer with a video camera and microphone).**

The RECOUP program has an administration fee of \$30. Please speak with our staff if you are unable to pay this fee.

To learn more, contact us by telephone:

416-597-3422 extension 4514