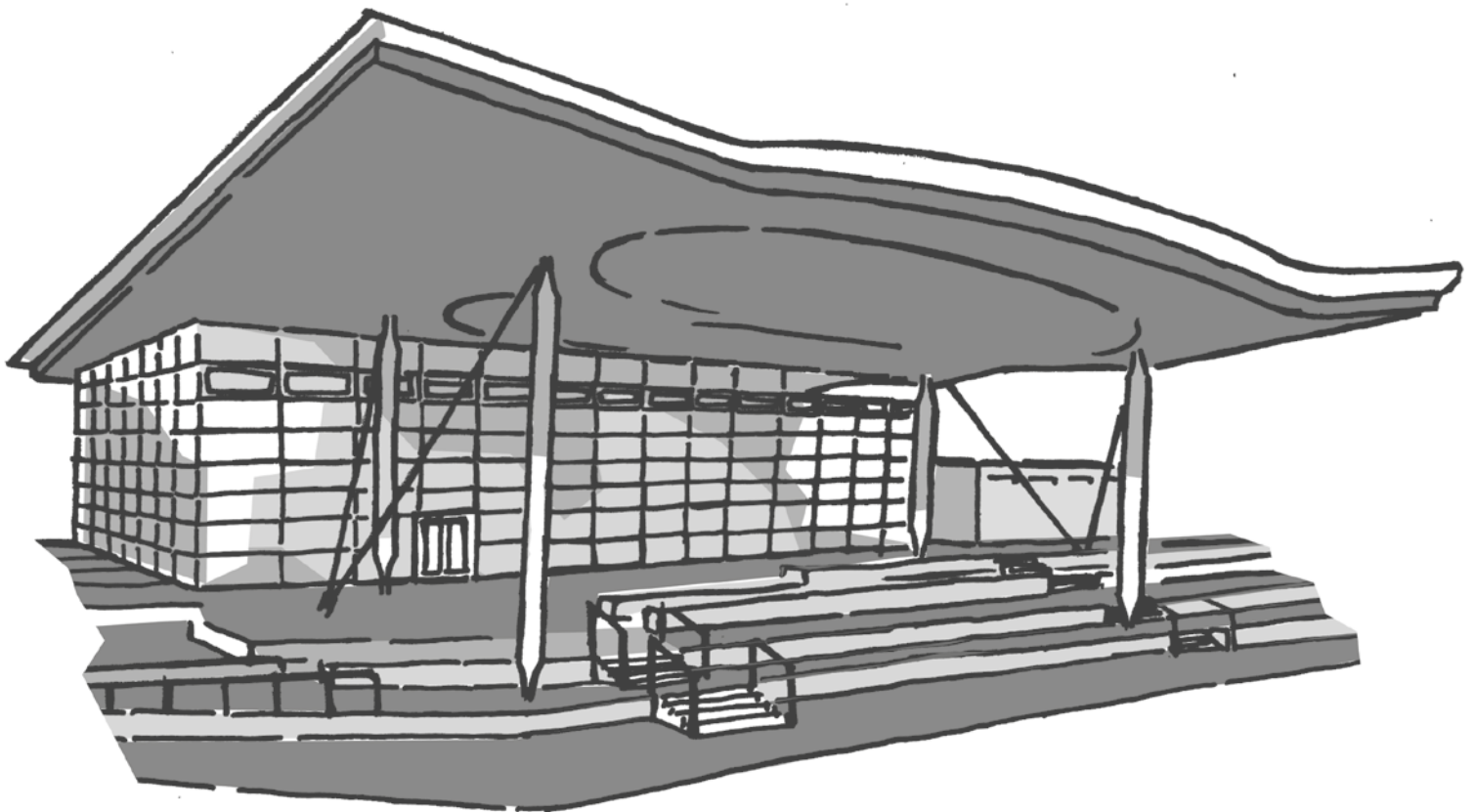




Llywodraeth Cymru
Welsh Government

Living with Persistent Pain in Wales

This is an **Easy Read** document from the
Welsh Government



The Welsh Government has written new guidance about living with long term pain.

Living with pain

Many people in Wales live with long term pain.



We want people living with pain to understand what they are being told.

We want people living with pain to be seen by the right person at the right time.



We want people living with pain to tell those giving treatment what they need to know.

We want people living with pain to feel listened to.

We want people living with pain to help decide how they are treated.

We want people living with persistent pain to get treatment that will make things better.

We want people living with pain to get advice in a way they can understand.



We want people living with pain to be told what support is near where they live.

Evidence

Evidence is using facts and information to decide the best treatment for people.



We want health and social care professionals to give treatment based on evidence.

The Way Forward



We want everyone to work together to think of the best way to give support to people.

We want people living with pain to be part of the talks and decisions.

Prudent Value Based Healthcare

By Prudent Value Based Healthcare we mean making decisions in the best way possible.



We want health and social care professionals to do only what they need to.

We want health and social care professionals to make decisions based on evidence. Evidence is using facts and data to decide the best treatment for people.



We want people living with pain to be given information and choices.

Supported self-management



We want people living with pain to be told the truth of how good a treatment is.



We want people living with pain to be given help to make a plan.

We want people living with pain to be given easy to understand information.

We want people living with pain to be told where they can get support from different sources.

We want people's health and social care needs thought of together.

What happens next?



Health boards in Wales will look at this guidance and make sure health and social care professionals give treatment in the correct way.

If you have any questions about this guidance you can write to the Government by emailing us at this address:

populationhealthcare@gov.wales