

COMPLEX PAIN IN OLDER ADULTS: RESOURCE GUIDE

This is a supplemental resource guide to the webinar hosted on June 27, 2019, *Promising Practices for Supporting Dually Eligible Older Adults with Complex Pain Needs*. This guide is intended for health plans and providers working with older adults with complex pain needs. The webinar recording, slides, and transcript can be found on the Resources for Integrated Care website:

https://www.resourcesforintegratedcare.com/BehavioralHealth/2019_BH_Webinar/Complex_Pain

Please note that some of the resources listed below may have an associated cost.

PUBLICATIONS

The **Center for Disease Control** offers the *Checklist for Prescribing Opioids for Chronic Pain* for primary care providers treating adults with chronic pain.

 https://www.cdc.gov/drugoverdose/pdf/pdo_checklist-a.pdf

The **International Association for the Study of Pain** published the *Guide to Pain Management in Low-Resource Settings*. This publication shares simple and cost-effective approaches to help individuals manage pain.

 https://ebooks.iasp-pain.org/guide_to_pain_management_in_low_resource_settings/

The **Interagency Pain Research Coordinating Committee** shares the Institute of Medicine's *Relieving Pain in America: A Blueprint for Transforming Prevention, Care, Education, and Research*, created to address pain as a public health concern. The publication shares recommendations for the care of people experiencing pain, as well as areas for future research.

 https://www.iprcc.nih.gov/sites/default/files/IOM_Pain_Report_508C.pdf

INFORMATION HUBS

The **Pain Toolkit** provides resources on chronic pain for healthcare professionals and individuals living with pain. Resources include interactive learning videos, workshops, podcasts, interviews, and more.

 <http://www.pain toolkit.org>

The **American Chronic Pain Association** website provides a wealth of information on identifying, treating, and managing chronic pain. The website shares resources on pain symptoms and conditions, tools for managing pain, opportunities for increasing pain awareness, and free support groups. The ACPA groups are free, peer-led, and offer social and education support.

<https://www.theacpa.org/>

The **Interagency Pain Research Coordinating Committee** shares pain management resources, including professional education, treatment locators, screening tools, webinars, videos, and related research.

<https://www.iprcc.nih.gov/National-Pain-Strategy/Objectives-Updates>

SELF-MANAGEMENT PROGRAMS

The **Evidence-Based Leadership Council** provides a search tool for local free or low-cost evidence-based self-management programs.

<http://www.eblcprograms.org/evidence-based/map-of-programs/>

Empowered Relief is a single-session, two-hour behavioral pain medicine class. Any healthcare clinician or older adult may become certified at a low-cost.

<https://empoweredrelief.com>

Senior centers serve as a gateway to the nation's aging network and connect older adults to vital community services that can help them stay healthy and self-manage chronic pain, including nutrition programs, transportation, and social activities. The **Eldercare Locator** is a search tool to locate senior centers nationwide.

https://eldercare.acl.gov/Public/About/Aging_Network/Index.aspx

Special thanks for contributions to this guide:

Beth Darnall, PhD

Associate Professor
Stanford University School of
Medicine

Melissa Myers, ACSW, MSW

Behavioral Health Care Manager
Inland Empire Health Plan

Katrina Profitt, PCC-S

Clinical Liaison
Aetna Better Health of Ohio

The Medicare-Medicaid Coordination Office (MMCO) in the Centers for Medicare & Medicaid Services (CMS) seeks to help beneficiaries enrolled in both Medicare and Medicaid have access to seamless, high-quality health care that includes the full range of covered services in both programs. This guide is intended to support health plans and providers in integrating and coordinating care for Medicare-Medicaid beneficiaries. It does not convey current or anticipated health plan or provider requirements. For additional information, please go to <https://www.resourcesforintegratedcare.com>. Please submit any feedback on this guide or topic suggestions for other resources to RIC@Lewin.com.