Pain scale communication aid

A pain scale is a simple tool that helps people describe their pain. It can show how strong the pain is, where it is, and what it feels like.

The pain scale is helpful for people who do not use speech or who find pictures easier than words. It could be used by people with complex disability, or more than one disability.

Clear pain information is important for good care. When people can show their pain in a clear way, health workers can better understand what is happening.

This pain scale can be used in hospitals, clinics and community settings. It supports person-centred care by making communication about pain clearer for everyone involved.

This resource was made by

Alfred Health

Alfred Health runs three hospitals in Victoria, Australia. It does health research and runs community programs and other health services.

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