



We are an independent patient organization for and by people with chronic pain in Belgium. By joining PAE we hope to help improve the lives of chronic pain sufferers on a more international level. We would also like to develop a better collaboration between patients and healthcare professionals. This is still a weak point in Belgium and we hope Belgium can follow the example of other European countries.

We have over 200 members. Nearly all of them suffer from chronic pain, deriving from different conditions. We also have about 20 volunteers, 6 of which are board members. All of our volunteers are chronic pain patients themselves.

Our mission

1. Inform + lobby and promote interests

We organize symposia covering diverse topics dealing with chronic pain. Our board members attend congresses both nationally and internationally. In September 2019 we attended the EFIC-congress in Valencia, Spain. We also attended the SIP-congress in Brussels in November 2019. We will be participating in starting SIP in Belgium.

Furthermore, we publish a 3-monthly magazine for our members. We also have a monthly newsletter that people can sign-up for. We manage multiple websites and are active on social media. We work regularly with government instances and policy makers to providing objective information concerning pain experiences and healthcare issues.

2. Organize emotional support

Face-to-face support groups, where insights and experiences can freely be expressed, are very meaningful for our members. We always discuss a specific topic concerning chronic pain. We organize these groups on three different locations in Belgium. It is important for us that we bring together our members with their families and/or caregivers. We also deliver individual guidance and recommendations.

We have a focus group for young people with chronic pain. We organize activities specifically for young people, as they have different needs and desires. We also have a separate website for them.

Last year we developed an app/game for young caregivers (children of chronic pain patients) between the age of 5 and 10 years old. The goal is that these young caregivers learn to identify with the pain of their parents. This can be difficult for children of that age group.

3. Promote various activities that improve the quality of life

We do this by not only organizing leisure activities but also activities that promote fitness and wellbeing. For example, we do hippotherapy with horses, creative workshops, wheelchair accessible walks and a dance sessions. With these activities we always take into consideration the limits people experience due to their pain.

Feel free to contact us:

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