



Comfort
Keepers®

Elevating the
Human Spirit™



Tips to Manage Arthritis & Help Seniors Live the Life They Want

With the right strategies and support, seniors with arthritis can manage the condition and maintain their quality of life. Comfort Keepers® caregivers provide uplifting care that helps seniors remain active, connected, and engaged.

Stay Active



Regular physical activity is crucial for maintaining joint health and mobility. Choose low-impact activities that are easy on the joints, like walking, swimming, and bicycling.

Keep a Positive Attitude



Living with arthritis is a journey, and it's important to be patient. With the right strategies and support, symptoms become manageable so favorite activities can still be enjoyed.

Manage Weight



Eating a balanced diet and staying within a healthy weight range helps reduce the strain on joints and improves physical function.

Stay Connected



Because seniors with arthritis may become less active, it can lead to isolation. It's important to stay connected to friends and family for emotional support.

Get Enough Sleep



Sleep is essential for overall health and well-being; getting enough rest can help reduce arthritis symptoms. Try to get at least seven to eight hours of sleep each night.



5 Ways to Avoid Arthritis Flare-Ups

Arthritis tends to have moments when symptoms get worse, followed by periods when they get better. It's essential to be aware of what might cause flare-ups and take steps to avoid triggering them in the future.

- 1 Take Medications as Prescribed**
It's important to take medications as prescribed by a doctor to manage symptoms effectively.
- 2 Manage Stress**
Stress can make arthritis symptoms worse. Find ways to manage stress such as meditation, deep breathing exercises, or gentle yoga.

- 3 Avoid Certain Foods**
Limit foods that trigger joint pain and inflammation, such as nightshade vegetables, fried or grilled food, sugars, refined carbohydrates, full-fat dairy products, processed meats, salt, shellfish, and red meat.

- 4 Overdoing Exercise**
Staying active is good, but overdoing it can trigger flare-ups, especially exercises that involve the joints. Be sure to warm up and take it slow.

- 5 Watch the Weather**
Cold, rainy, or humid weather can aggravate joint pain. Use heat and pain medications such as non-steroidal anti-inflammatory drugs (NSAIDs) as needed to help alleviate the pain.



Comfort Keepers® Can Help

These tips can help seniors with arthritis stay healthy and avoid flare-ups. Our *Comfort Keepers* can help by reminding seniors to take their medications, maintaining a healthy diet, and encouraging activities that enhance mobility.

Contact your local Comfort Keepers today to learn more about how we can help seniors stay active and manage their arthritis.



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