



With age comes wisdom, not pain.

Do

- Physical activities that you enjoy and that do not cause you pain
- Take your medication as prescribed for your pain
- Participate in activities that can redirect your attention away from your pain (e.g., listen to music, watch movies, spend time with animals)
- Practice relaxation methods such as breathing exercises or repeating the same word over and over. This can reduce your stress and muscle tension
- Try using either cold packs (e.g., frozen gel packs or cold cloth) or heat packs (e.g., heated gel packs or warm cloths)
- Use pillows and supports to optimize comfortable positioning
- Try massage therapy or massage devices (e.g., massage chair)

Know

- What makes your pain better or worse

Tell

- Your care team you are having pain
- Your care team if you are having side effects from pain medications
- Your care team if you are taking over the counter medication, herbal supplements or cannabis for your pain

Ask

- If your pain is acute (sudden onset, but gets better quickly - within 3-6 months) or chronic (has lasted longer than 3-6 months, and is expected to be a long term or permanent issue)
- About support groups for the type of pain you have
- Whether a referral to a pain specialist is appropriate
- About pain treatments that you have heard of and might want to try if they are appropriate for you, such as acupuncture, cannabis, or cognitive behaviour therapy

Your care is why we're all here!

sfCare[™]
Senior Friendly Care



rgptoronto.ca