



Image via [Pexels](#)

Simple Ways to Navigate the Challenges of a Chronic Disease

If you're an older adult, you're no stranger to challenges. Aging comes with challenges on its own, but when you add the pain and limitations of a chronic illness, it can be very difficult to maintain your quality of life.

With that said, your disease does not have to control your daily life. You can take steps each day to foster your health and well-being, reduce stress, and nurture your relationships. Below, [Retiredfolks.net](#) shares some practical methods for overcoming obstacles as a senior with a chronic illness.

Know the Risks

Living with a chronic disease can have various impacts on your physical, mental, and emotional health. For example, you may regularly [deal with stress](#) from the illness itself, a disability, financial challenges, or uncertainty about the future. If you are experiencing excessive fatigue, poor sleep, anxiety, irritability, or compromised relationships, it's essential to address your stress sooner rather than later.

Your chronic illness could yield symptoms like mood disorders and pain. Your pain and fatigue might make it difficult to complete daily tasks, such as taking medication, cooking nutritious meals, or exercising.

Understand that all of the symptoms are normal with chronic illness. Instead of withdrawing from social activities and loved ones, start taking steps like those below to improve your quality of life.

Evaluate Your Living Environment

Your home should allow you to maintain a high quality of life. If your current living situation is exacerbating or prolonging your pain, fatigue, or other symptoms, it might be time for a change.

Take time to research homes in your [desired area](#), and use an online calculator to estimate what type of home you can afford. Look for features that will accommodate your needs, seek preapproval for a loan, and find an experienced real estate agent who knows the area inside and out.

Take Care of Self-Care Necessities

When many people think of self-care, they imagine going on a shopping spree or spending the day at a spa. But self-care doesn't have to be extravagant to be effective. Keep it simple-but-intentional by prioritizing personal [hygiene](#), drinking plenty of water throughout the day, and taking naps when your mind and body need it.

Also, make sure you eat nutritious foods to increase your energy and benefit your long-term health; whole grains, [lean protein](#), fruits, and vegetables are staples of any healthy diet. Prioritize your sleep habits by creating a [bedtime routine](#) that helps you fall asleep and stay asleep. And find [low-impact movements](#) to create a fitness routine that gives you a physical, mental, and emotional boost.

Surround Yourself With Support

Support is critical when you live with a chronic disease. The last thing you want to do is isolate yourself and withdraw from activities with friends and family. Look for a local support group for people with [similar conditions](#). This type of environment can help you connect with others and reveal new ways of navigating the challenges you face.

Furthermore, you might benefit from seeking individual counseling from a professional. Along with providing you with new coping techniques, a therapist you are comfortable with will give you a platform to express any private or sensitive thoughts and feelings you're holding in. And if you have family members experiencing the impact of your illness, you might consider doing family counseling.

As a senior with a chronic disease, you face more than your fair share of obstacles each day. But by implementing the advice above, you can overcome your challenges and build a routine that helps you maintain a higher quality of life. Keep researching other ways to cope with your illness, and remember to seek professional help if necessary.

Would you like to read more helpful content or access many other senior resources? Visit Retiredfolks.net today!