

# Chronic Conditions

*According to the National Coalition on Aging, nearly 95% of adults over 60 have a chronic condition, and almost 80% have two or more.*



## Understand the Condition

A chronic condition is a **long-term illness that limits daily activities**. Common chronic conditions include hypertension, heart disease, arthritis, depression, and diabetes. Understanding your loved one's condition is the **first step** in providing support.

## Conserving Energy

Help your loved one conserve energy by encouraging **patience** in their daily activities. **Grouping tasks** and taking frequent **rest breaks** are strategies that can help them manage their energy levels.

## Healthy Diet

Support your loved one in maintaining a **healthy weight** by making a variety of nutrient rich foods available that encourage their appetite. Discuss dietary modifications with healthcare professionals to **tailor a plan** that suits their specific needs.

## Caregiver Self-Care

**Prioritize your well-being** by seeking support, maintaining a healthy lifestyle, and **addressing your needs**. Take breaks and participate in activities you enjoy. Caring for yourself allows you to better care for your loved one.

## Overcoming Barriers

Caregivers for individuals with chronic conditions need **resilience and adaptability**. Overcome barriers by:

- Fostering **open communication**.
- **Actively listening** to your loved one.
- Seeking support from others.
- Employing **practical strategies** like task delegation and self-care practices.
- Approaching caregiving with **empathy, patience**, and a **willingness to learn**.