

# Pain Management

*Some older adults view pain as a normal part of aging and may not report severe discomfort. Encourage your loved one to be open about their pain so you can provide the support they need.*



## Recognize Pain Symptoms

Learn to identify both **verbal** and **non-verbal signs of pain**, such as grimacing, restlessness, and changes in behavior. It may be helpful to keep a **pain journal** so you can keep track of pain symptoms, triggers, and patterns to share with healthcare providers

## Medication Management

Help your loved one take their medications **as prescribed** and **on schedule**. If they continue to experience pain despite following their medication plan, consult their doctor.

## Non-Medical Treatments

**Holistic pain management** can **pair well** with medical treatments. Options include physical therapy, acupuncture, massage, heat or cold therapy, pain relief gels, and supportive wraps. If the pain is caused by a specific condition, consider **asking others with the same condition** what they use to relieve pain.

## Distraction Techniques

Engaging your loved one in activities can help distract them from their pain. Encourage trying a new hobby, spending time with friends, or reading a good book. Remember, the goal is to **provide distraction, not to dismiss their pain**.

## Innovative Pain Management Approaches

Stay informed about advancements and **alternative pain treatments** that can improve quality of life:

- Mindfulness meditation.
- Biofeedback therapy.
- Virtual reality therapy.
- Neuromodulation.