**Muscle & Bone related issues for the Elder**

* Care for the weakness of proximal muscles involves regular exercise and massage, and storing things at a comfortable height for the elder
* Care for degeneration of muscles involves regular exercise and exposure to the sun
* Care for arthritis involves regular exercise, hot and cold fomentation, and use of assistive devices for walking
* Care for cervical spondylosis involves regular physiotherapy and wearing support devices like a neck collar
* Care for lumbar spondylosis involves regular physiotherapy and wearing support devices like neck collar and waist belt
* Care for osteoporosis and osteomalacia involves preventing falls, use of assistive devices for walking, exposure to sun, and including foods rich in calcium and Vitamin D in the elder’s diet

**Pain Management of the Elder**

* You should help the elder raise their threshold for pain
* Guide the elder to find out what caused the pain
* Consider treating what is wrong, rather than giving pain killers
* Avoid giving pain killers for mild to moderate pain
* External application of a cream or gel based formulae or a mild painkiller pill are safe to give for moderate pain
* Give the elder strong, addictive pills exactly as prescribed by the doctor
* Never take these medicines yourself or give them to anyone else

**Chronic Disorders of the Elderly**

* + Elders suffering from dementia require help in all daily activities and continuous emotional support
  + For elders suffering from diminished vision, keep the house well-lit and uncluttered; encourage the person to use spectacles and do not let the person go out unaccompanied
  + When caring for elders suffering from asthma, find and avoid causes of asthma attack and always keep medication handy
  + Encourage elders with hypertension to exercise and manage their weight; serve them low-salt healthy food and ensure regular medication
  + For elders with ischemic heart disease, encourage exercise and weight management, reduce their intake of alcohol, serve healthy food, and ensure regular medication
  + Diabetes care includes regular exercise and weight management, strictly following dietary restrictions, and ensuring regular injections of insulin, as prescribed
  + If the elder is suffering from digestive disorders, lower their stress and adjust the elder’s diet according to change in symptoms
  + When caring for an elder with arthritis, avoid exposure to extreme weather, give hot or cold fomentation, and help the elder perform recommended exercises regularly

**Chronic and Acute Pain in Elders**

* A sudden severe pain is an acute pain
* A pain over a long period of time is a chronic pain
* There are several bone related chronic pains
* Migraine is an acute headache that comes repeatedly
* There are several chronic pains related to the nervous system
* Acute pain usually needs immediate attention
* A sudden headache may be a brain hemorrhage
* An acute pain in the chest, not localized by a single finger may indicate a heart attack
* Acute abdominal pain could be due to a twisted intestine, appendicitis, stone in the gall bladder, or kidney
* An acute back ache may be a slipped disc
* Acute pains in limbs may be fractures

**Disorders affecting Mobility**

A few disorders that affect an elder’s mobility are:

* + Dementia
  + Peripheral neuropathy
  + Hemiplegia
  + Paraparesis or paraplegia
  + Weakness of proximal muscles
  + Arthritis
  + Hearing impairment
  + Visual impairment

To care for a person with mobility problems:

* + Encourage the person to be as independent as possible
  + Encourage partially dependent persons to use assistive devices
  + Allow the elder to use the stronger side of their body independently
  + Provide support for all activities for fully dependent elders