

# **How to Age Successfully with Spinal Cord Injury**

Image



# How to Age Successfully WITH SPINAL CORD INJURY (SCI)

## What to Expect as You Age With SCI

You may have health problems that you didn't have before.

Activities that were once easy may become hard and/or you may need more assistance.

You may need to change how you do daily living activities.

## Strategies

- Actively **monitor your physical, cognitive, and emotional health.**
- Be **proactive** – If you see a problem that affects your health and well-being, don't wait for someone else to notice or say something. **Take the initiative to act first.**
- **Be open to change.**
- **Develop a sense of purpose and a positive attitude.**
- **Be as physically active as possible.**
- **Reach out** to others.



## Steps to Take

- Schedule regular health checkups and stay in touch with your health care providers about ways to stay as functional, active, and healthy as possible.
- **Be aware of changes to your health and well-being.**
- See a health care provider if you have negative changes to your health, function, or quality of life.
- Use assistive devices when you need them and get help to keep your devices in good repair.
- Think about your need for new equipment or devices you may not have needed before.
- Rearrange your home setup so it works better for you.
- Find housing that is more accessible, if you need it.
- Take part in meaningful activities that bring you joy.
- Create or strengthen ties with friends and family.
- Find new resources to support you.
- Ask for help when you need it.
- Follow a self-care routine.
- Keep your mind active.
- Eat healthy food.
- Exercise.



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