

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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