Older people shouldn’t put up with pain

Older people may be paining because of:
- Injury
- Surgery
- Chronic illnesses like arthritis
- Cancer or cancer treatment
- Nerve damage - often from diabetes

If you know someone is paining try to find out more about:
- How long they have been paining
- Where the pain is
- What it feels like
- How bad it is
- Things that make it better or worse
- How it affects their mood
- Are they able to do everyday tasks

The more you know the more you can understand what helps their pain and if it gets better or worse over time.

Things that can help:
- Medicines—see a doctor, nurse or health worker
- Exercise—speak to a physiotherapist
- Meditating and relaxing
- Massage
- Heatpacks

The best way to find out if someone is paining is to ask them. They will not always tell you if they are paining. You may need to look for other signs.