

## **Seniors/aging with chronic illness**

I've had ME/CFS for 20 years – now I'm in my late 50s or 60s. I've had to live with the illness for so many years. It seems to be getting harder recently in the last few years. Other medical problems I've had seem to be increasing the burden.

Are there any ways that others have found to better cope with this illness – to find ways to take things easier and to “get away from the illness” mentally and emotionally?

I need help at home cleaning and getting to the store, esp. when I'm worse.

My doctor has retired, where do I find another doctor?

Is there any treatment that will help me? What do I do when I start finding it too difficult to care for myself. Now my husband is getting worse, and it's hard for me to care for him – or my wife has the illness. Can I get services in to help me?

Questions:

What difficulties do you particularly find as you age with this illness?

Getting need assistance – transportation; homemaking; medical care; finding community/aging resources for in-home meals, personal assistance, medical evaluation/care, etc.

Changing family interactions; changing interactions with friends.

Spouse or partner issues of caretaking and relationship

Distinguishing between ME/CFS illness symptoms and possibly symptoms relating to aging or possible new illness/conditions

Finding, if necessary a new physician or other providers.

Changes in medical insurance and Social Security

Problems of isolation and how to find social outlets

Finding enjoyable activities either with yourself or others

## Long COVID in Older Adults: An Elusive Geriatric Syndrome

We need to redefine the condition for better diagnosis and management

<https://www.medpagetoday.com/opinion/second-opinions/98971>

Although this is an article about Long COVID, much of it, especially the bullet points relating to diagnosis and management, applies to older people who have ME/CFS.

Discussion notes:

This is a topic we have not really addressed on our website. This discussion and any resources participants have found helpful will assist us in providing more information about aging with chronic illness on our website.