



Supporting Comfort and Mobility for Older Adults with Arthritis

Partnering to Manage Arthritis More Holistically

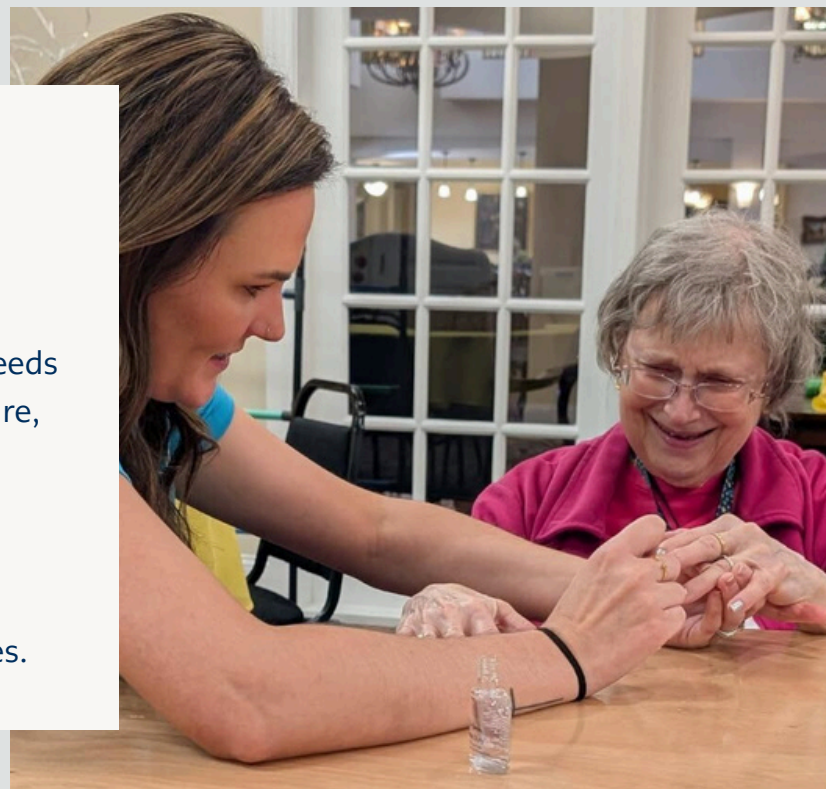
Arthritis is one of the most common causes of chronic pain and limited mobility in older adults. According to the Centers for Disease Control and Prevention (CDC), **nearly 50% of adults aged 65 and older are living with a doctor-diagnosed form of arthritis.** But supporting someone with arthritis involves more than just managing pain—it's about improving quality of life.

At Arosa, we believe in addressing the physical, emotional, and environmental aspects of arthritis care. Whether you're a family caregiver, community professional, or staff member supporting older adults, here are key strategies—supported by national experts—for promoting comfort and mobility.

How Arosa Can Help

Our Care Managers work closely with families, healthcare providers, and care teams to build personalized plans that address arthritis-related needs—from daily support with mobility and personal care, to thoughtful planning around pain management, therapy, and home modifications.

Together, we can help those living with arthritis maintain comfort, dignity, and joy in their daily lives.




Adapt the Environment to Reduce Joint Strain.

Even small environmental adjustments can significantly improve daily function for someone with arthritis. The Arthritis Foundation recommends ergonomic tools like jar openers, lever-style door handles, and adaptive utensils. Raised toilet seats, slip-resistant flooring, and sturdy grab bars can improve safety while reducing joint stress.

 [Arthritis Foundation – Home Modifications](#)

Encourage Safe, Regular Movement.

Gentle physical activity is one of the most effective ways to manage arthritis. Experts from the National Institute on Aging (NIA) emphasize that low-impact exercises—like walking, tai chi, or chair yoga—can help reduce stiffness and strengthen muscles around joints.

 [NIA – Exercise and Physical Activity for Arthritis](#)

At Arosa, our Caregivers support safe mobility and encourage residents to move within their comfort zones, incorporating stretching or exercise routines developed by physical or occupational therapists.

Use Warmth and Routine to Soothe Joints.

Warm compresses, warm baths, and paraffin wax treatments may help reduce joint stiffness and pain. These are especially beneficial first thing in the morning or after inactivity. The Mayo Clinic recommends alternating heat and cold therapy to manage flare-ups and swelling.

 [Mayo Clinic – Self-Care for Arthritis](#)

Support an Anti-Inflammatory Diet.

What we eat can either support or aggravate inflammation. Diets rich in whole grains, fruits, vegetables, and omega-3 fatty acids can help reduce inflammation and improve joint health. The Johns Hopkins Arthritis Center highlights foods like salmon, berries, leafy greens, and olive oil as beneficial staples.

 [Johns Hopkins – Nutrition and Arthritis](#)

Foster Emotional Support and Routine.

Living with chronic pain can lead to frustration, anxiety, or even depression. A consistent, compassionate care routine that includes social interaction, validation, and purpose can dramatically improve someone's day-to-day outlook. Arosa Care Managers are trained to support the emotional side of living with arthritis and to advocate for our clients' evolving needs with their full care team.

Helpful Links to Share:

- [Arthritis Foundation – Managing Arthritis](#)
- [National Institute on Aging – Arthritis in Older Adults](#)
- [Johns Hopkins – Diet and Arthritis](#)



Let us know how we can partner with you to support your residents or loved ones **more holistically.**