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Health conditions that result in chronic pain are more common with age. You may experience chronic pain due to arthritis, cancer, injury or surgery and pain can be difficult to manage.

We're here to help. Please let us know if you have a question or feedback by emailing info@seniornavigator.org. Be sure to include your city, county, or zip code so we can better meet your needs.

Managing Chronic Pain

- Medications can be important tools for managing chronic pain. More than 1 in 4 older adults have filled a prescription for an opioid pain medication within the past few years.
- When taking pain medications and opioids it's important to consider the side effects, when to reduce the amount of medication, and the risk of addiction.
- Since older adults use more medications than any other age group, be sure you understand why specific medications are needed and if there are other options for managing your chronic pain.
- You can find the resources and information you need to manage chronic pain and to connect with appropriate supports and services.

Key Articles

- [Opioids Don't Ease Chronic Pain More Than Other Drugs](#)
- [Safe Opioid Use](#)
- [5 Things to Know About Taking 5 or More Medications](#)
- [Managing Pain: Moving Beyond Opioids](#)
- [Non-Opioid Treatment for Chronic Pain](#)
- [How to Recognize Opioid Abuse in Loved Ones](#)

Tip Sheets & Tools

- [What to Ask Your Doctor Before Taking Opioids: A Checklist](#)
- [How to Talk to an Older Person Who Has a Problem with Alcohol or Medications](#)
(Hazeldon)
- [Mind Your Meds: Safe Opioid Medication Use and Disposal](#)
- [Controlled Substance Public Disposal Locations \(DEA\)](#)

Stay Connected

- [CDC - About Prescription Opioids](#)
- [BeMedWise - Patient Information and Education](#)
- [Opioid Help and Resources](#) (HHS.GOV)
- [Buy Safely - Safe.Pharmacy](#)
- [Disposal of Unused Medications: What You Should Know](#) (FDA)
- [Opioid Frequently Asked Questions](#) (VDH)
- [University of Virginia Substance Use Helpline](#)

Your Local Programs

- [Virginia Area Agencies on Aging](#)
- [Behavioral Health Treatment Services Locator](#)
- [SAMHSA Medication-Assisted Treatment \(MAT\)](#)

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