

# Stop Stressing Over Aging (By Addressing These Common Worries)

No one can escape getting older, but that doesn't mean everyone feels good about it. Aging presents unique challenges and stressors, whether over your overall health or the steps you must take to maintain wellness. But you can stop stressing over aging by addressing these common worries head-on.



## 1. Concerns Over Insurance Coverage for Home Care

As you get older, you might worry about [paying for long-term care](#). Some seniors assume that their medical insurance will cover the fees associated with either a retirement home or an assisted living facility. Unfortunately, that's not always the case. In Michigan, for instance, Medicaid does not pay for long-term care or assisted living room and board expenses.

The good news is that many older adults who qualify for Medicaid coverage will be eligible for the state's Medicaid Waiver ([MI Choice](#)) program, notes Nolo. MI Choice covers home health

services and some expenses of assisted living facilities. Income limits do apply, however, which means you may need additional resources to pay for such care.

If you qualify, however, the service can enable you to remain in your home while receiving the necessary long-term care you need. It can also help pay for some services in an assisted living facility.

## 2. Fatigue and Feeling Overtired

It's common for people to slow down a bit as they get older. But when you enter your golden years, you might find it surprising just how fatigued and overtired you might be feeling. Thankfully, there are steps you can take toward getting better rest and feeling more energized—such as adding exercise to your [routine](#).

If you have a tough time sleeping because of back pain or other chronic issues, your mattress might be to blame. Per Healthline, mattresses should be replaced at least [every 10 years](#)—if not more often—and your sleeping position can affect how comfortable and supportive your bed is. Therefore think about purchasing a new mattress that fits your sleep style and that's [built to provide relief](#) from back pain. For example, a WinkBed mattress offers extra general back support, while Nest Alexander mattresses are ideal for side sleepers with upper back pain.

## 3. Struggling to Make (and Eat) Healthy Meals

Many older adults lack the motivation to prepare elaborate and healthy meals each day. Especially if you live alone, it can seem pointless to spend hours in the kitchen. Fortunately, you don't have to spend all day cooking to make healthy meals that promote wellness as you age.

Experts recommend that older adults consume a [balanced diet](#) full of vegetables, fruit, whole grains, low-fat dairy, and high-quality protein. You don't need a culinary degree to create healthy meals, though. [Canned](#) and [frozen](#) foods often provide as much nutrition as fresh versions, and some prepared meals offer balanced nutrition, too.

Consider easy-prep options like soups or [3-ingredient recipes](#) in a slow cooker. [Pressure cookers](#) can offer quick meals, too, and oven-baked casseroles can be a hearty option that you can refrigerate and enjoy all week.

If you experience a lack of appetite, adding flavor and texture to your plate can help. Instead of adding [salt](#) to your plate—which can cause high blood pressure and cardiovascular problems—try flavorful herbs, garlic, and even spicy sauces.

## 4. Memory Loss and Cognition Challenges

Even in your younger years, you may have experienced minor memory struggles. And as you get older, it's common for those problems to increase; around 40 percent of adults ages 65 and up face memory impairment. But as the National Institute on Aging explains, infrequent memory problems [don't always mean](#) you have a cognitive condition.

Being forgetful occasionally or struggling to remember the right word in a conversation can be perfectly normal parts of aging. However, if you frequently find yourself making poor decisions, forgetting to take care of self-care or financial responsibilities, or being unable to find things that you lose, you may want to speak to your doctor to rule out Alzheimer's.

Managing your health as you get older may feel like an impossible challenge. But addressing these four issues can improve your experience through your senior years. Enlisting outside help can also be beneficial for your well-being—and to ease your stress and worries.

Photo via [Rawpixel](#)