

Managing Special Events with a Chronic Illness

Living with a chronic illness can make special events challenging, but with careful planning and adjustments, it's possible to participate and enjoy them. Prioritising rest, pacing activities, and communicating needs with event organisers and loved ones are key strategies for managing energy and enjoying social occasions.

Here's a more detailed look at managing special events with chronic illness:

1. Planning and preparation

- **Communicate with the venue:**

Contact the venue in advance to inquire about accessibility, seating arrangements, and any accommodations that can be made, such as a quiet space for resting or assistance with mobility.

- **Pace yourself:**

Rest and reduce activities in the days leading up to the event to conserve energy.

- **Prepare a "survival kit":**

Pack essential medications, snacks, and any comfort items that might be needed.

- **Plan transportation:**

Consider transportation options that minimise stress and effort.

- **Set realistic expectations:**

Acknowledge that you might not be able to stay for the entire duration of the event, and that's okay.

2. At the event

- **Pace yourself:**

Avoid overexertion and take breaks when needed.

- **Stay hydrated and nourished:**

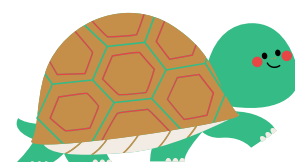
Keep snacks and drinks on hand to maintain energy levels.

- **Communicate with your support system:**

Let someone know your limitations and have a plan for when you need to leave or need assistance.

- **Focus on enjoyment:**

Don't dwell on pain or limitations. Focus on the positive aspects of the event and spending time with loved ones.



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3. Manage expectations and grief

- **Acknowledge grief and loss:**

It's normal to grieve the activities and experiences that may be more difficult or impossible to participate in due to chronic illness.

- **Find joy in alternative activities:**

Explore activities that are more manageable and enjoyable, such as spending time in nature, connecting with loved ones in a quiet setting, or pursuing hobbies that bring joy.

- **Seek support:**

Connect with support groups, therapists, or online communities for shared experiences and coping strategies.

4. Importance of support

- **Build a support network:**

Surround yourself with people who understand your condition and are willing to offer support and understanding.

- **Practice self-compassion:**

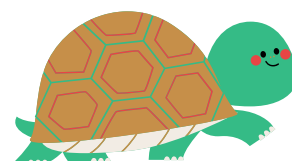
Be kind to yourself and acknowledge that managing a chronic illness is challenging.

By planning ahead, communicating needs, and practicing self-compassion, it's possible to navigate special events and continue to find joy and connection despite the challenges of chronic illness.

This information sheet was created from Google's AI overview, which used a range of open-use sources including Carers ACT, and Better Health Channel (Victorian Government):

<https://www.carersact.org.au/i-am-caring-for-someone/who-has-a-medical-condition-terminal-or-chronic-illness/#:~:text=Sharing%20stories%2C%20knowledge%20and%20experience,groups%20for%20My%20Aged%20Care>
<https://www.betterhealth.vic.gov.au/health/servicesandsupport/managing-long-term-illness-and-chronic-conditions#:~:text=If%20you%20have%20a%20long,Support%20groups%20can%20help%20too.>

This factsheet is part of our Club Tortoise program for pacing with energy-limiting conditions.



For more information or help managing your condition:

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