



OLDER ADULT DEPRESSION/ LATE LIFE DEPRESSION

FACT SHEET

DEPRESSION, FEELING BLUE OR HAVING “PROBLEMS WITH YOUR NERVES”

- Is a “chemical imbalance” in the brain
- Can be related to medical illness, medications, recent surgery or social changes or loss
- It includes “physical” symptoms, including:
 - sleeping too much during the day
 - or not being able to sleep at night
 - decrease appetite – in older adults weight loss is most common
 - aches, pains and worries about physical health
 - feelings of tiredness, no energy or motivation
 - feeling irritable or angry (especially for men)
 - anxiety or nervousness
 - difficulty concentrating
 - difficulty remembering or making decisions
 - feelings of helplessness, worthlessness or guilt
 - tearfulness or sadness
 - suicidal thoughts
- **IS EASILY TREATED**

TREATMENT FOR DEPRESSION CONSISTS OF:

- Maintaining social contacts
- Engaging in activities you enjoy
- Good Nutrition
- Sleep Hygiene
- Exercise
- Medications, including antidepressant medication
- Talk therapy with a professional
- Support Groups

WHO IS AT RISK FOR DEPRESSION:

- Those with complicated medical problems
- Those in chronic pain
- Those who have had recent surgery
- Those who have had a recent stroke or heart attack
- Those who have had a recent loss
- Caregivers of older adults
- Those with a history of depression
- Those experiencing memory loss due to dementia

HELPFUL RESOURCES:

Geriatric Mental Health Foundation

web@GMHFonline.org

University of Pittsburgh, Late Life Depression Evaluation and Treatment Center

<http://www.wpic.pitt.edu/research/depr/default.HTM>

Alzheimer's Association

<http://www.alzpa.org>

Alzheimer's Association

<http://www.alz.org/desjsepa/>

Alzheimer's Disease and Education Center ADEAR

www.alzheimers.nia.nih.gov.

Family Caregiver Alliance

<http://www/caregiver.org>

info@caregiver.org

Positive Aging Resource Center

www.positiveaging.org