



DEPRESSION: A Fact Sheet To Share

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Depression is a serious and common disorder of mood that is pervasive, intense and involves mind, mood and body. It affects the way you feel about yourself and others and the way you participate in life. Many people experience their first depressive episode after the age of 65, and many go untreated due to the myth that depression is a normal part of aging.

DEPRESSION IS NOT A NORMAL PART OF AGING. While an older adult might experience grief, sadness, loss of energy or other symptoms of depression in response to certain life events, depression is a disease that may be present when such symptoms last more than a few weeks with little relief.

Indicators of Depression

- Depressed mood
- Withdrawal / isolation
- Loss of interest in pleasurable activities
- Change in appetite and/or sleep patterns
- Increased physical complaints
- Inability to focus, concentrate or make decisions
- Feelings of worthlessness or guilt
- Confusion and/or memory problems
- Irritability, anger, anxiety
- Neglect of self care
- Suicidal thoughts

Depression is treatable. There are many options for treatment. Medication is helpful to many though the best results come with a combination of medication and therapy. Therapy can target stressors and coping skills to change thoughts, behaviors and self-defeating patterns so that positive changes can be made in support of mental health.

Older adults have the highest suicide rate of all populations and **ANY** hint or threat of suicide should be taken seriously. If a person seems to have a plan, you should report it immediately. Call Hopeline Network at 1 800 784-2433.