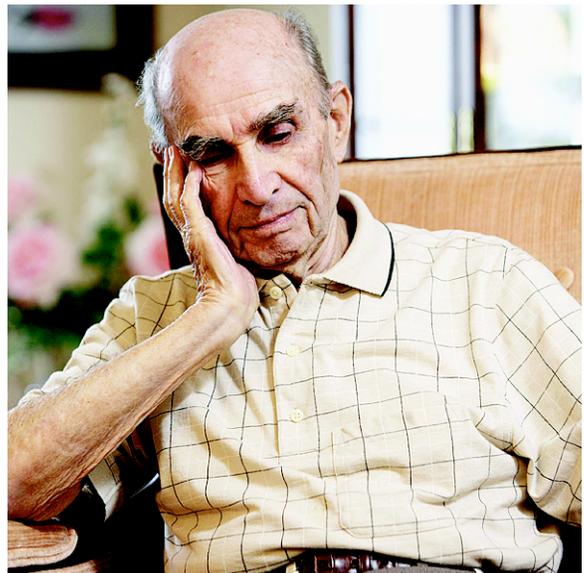




Get the Facts: Depression and Older Adults

- Depression in adults over age 65 is common. It is even more common among nursing home residents.
- Depression can affect physical, emotional, and social well-being.
- Everyone gets “down in the dumps” or “feels blue” every once in a while. But if you or a loved one has several of the following symptoms for more than two weeks, talk to a doctor about the possibility of depression.
 - Fatigue or trouble sleeping
 - Weight loss/loss of appetite
 - Slowed movement
 - Unexplained aches and pains
 - Sadness
 - Feeling worthless
 - Feeling hopeless or helpless
 - Feeling of guilt or shame
 - Thinking a lot about death¹
 - Lack of interest in personal care
 - Loss of interest in hobbies
 - Withdrawing from friends and family
 - Increased use of alcohol or drugs
 - Worries about being a burden
 - Feeling anxious or irritable
 - Problems remembering things
- Depression is a real illness that can be treated.
- Common treatment includes talking with a professional counselor, antidepressant medication, or a combination of both.
- Other things you can do to help depression include:
 - Connecting with others
 - Avoiding alcohol and drugs
 - Eating a healthy diet



- Participating in enjoyable activities
- Gentle exercise²
- Learning more about depression

¹ Thoughts of hurting oneself or attempts to hurt oneself require IMMEDIATE help.

² Be sure to check with a doctor before starting a new type of exercise.

For more information, visit: www.bluetoyou.org.

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