DEPRESSION

- Depression is not a part of ageing.
- It’s an illness that can have serious consequences if it isn’t recognized and treated.
- Depression is often not well recognized or detected in older people.
Older people do not necessarily suffer higher rates of depression.

The incidence of depression is higher in older people who are in poor health, living in a care facility or nursing home, or who were otherwise isolated and neglected.

Situations such as illness, disability and loneliness are more common for older people.
BEHAVIOR

- Neglecting own responsibilities
- Withdrawing from family and friends
- Avoiding certain situations
- Not enjoying any activity
- Being angry or aggressive
THOUGHTS
- Regularly thinking about suicide
- No longer feeling good about self.

FEELINGS
- Irritability
- Sadness
- Worry
- Emptiness
- Guilt
PHYSICAL SYMPTOMS
- Sleeping more or less than usual
- Feeling tired all the time
- Unexplained headaches
- Loss or change of appetite
- Significant weight gain
- Memory problems and confusion
PEOPLES AT RISK OF DEPRESSION

- Retired
- Chronic pain
- Being the primary care for a partner or other relative
- Financial problems
- Loneliness
- Death or illness of a spouse, partner or friend
Depression is a treatable illness. Medical treatments for depression include:

- Antidepressants
- Electroconvulsive therapy
- Psychotherapy
Life Style Changes May Include

- Dietary changes
- Nutritional Supplements
- Exercise
- Involvement in social activities
- Avoiding situations that trigger anxiety
Prevention – Recognizing Early Symptoms

- Changes in weight and eating habits,
- Fatigue,
- Daytime sleepiness,
- Statements of unworthiness,
- Irritable moods and
- Complaining more about aches and pains.
Support Groups and Socialization

Spend more time with family & elderly people.
Exploring New Hobbies and Skills

- Learning new hobbies and skills helps older minds active.
- Some of the hobbies seniors enjoy exploring include art, needlework quilting, gardening and photography.
- Learning new computer skills or working crossword puzzles are activities that keep the mind sharp and stimulated.
Exercise helps elderly people sleep better and feel better.

Seniors should find a form of exercise that works well for them.

While some elderly people enjoy senior exercise classes, others prefer walking groups.

By exercising with others, seniors also receive social benefits.

Before starting an exercise programme seek medical advice.
Families should check that elderly are eating properly.

If their loved ones need help, options should be examined such as meals at bedside.
"All Life is an Experiment. The More experiments you Make, the Better"