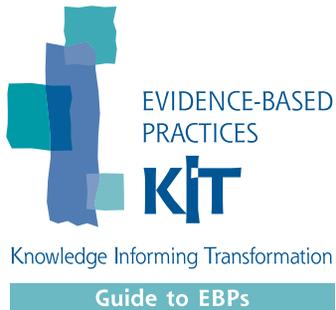


Aging Well:

Treating Depression in Older Adults

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The Treatment of Depression in Older Adults



Symptoms of Depression

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- Depressed mood most of the time
 - Loss of interest or pleasure in activities
 - Disturbed sleep
 - Weight loss or gain
 - Fatigue or loss of energy

The Problem

- Depression affects many older adults.
- Depression can affect the ability of older adults to take care of themselves and live independently.
- Depression contributes to poor health outcomes for older adults. For example, they tend to recover more slowly from physical disorders such as strokes and fractures.
- Depression is the leading cause of suicide among older adults.

Risk Factors

- A new or chronic physical problem such as diabetes, stroke, bypass operation, or hip fracture
- Poor health or physical disability
- Personal or family history of depression
- Side effects of certain medications
- Changes in income, marital status, or social supports

The Solution: Evidence-Based Practices

- Effective treatments now exist that can reduce the severity of depression in up to 80 percent of older adults. These treatments have a strong scientific basis.
- The selection of a specific treatment depends on the older adult's specific problems, outcomes desired, and his or her treatment preferences.
- These treatments include the following:
 - Psychotherapy interventions
 - Antidepressant medications
 - Multidisciplinary outreach services
 - Collaborative and integrated physical and mental health care.