



Depression in Older Adults

Depression is NOT a normal part of aging. Still, one out of five older adults is depressed. Older adults who are depressed can be sad, irritable, anxious or worried. They may have aches and pains that have no cause. They may feel there is no hope or they cannot help themselves feel better. They have no joy or pleasure in life.

Here are some causes of depression unique to the older adult:

1. loneliness and isolation
2. reduced sense of purpose
3. health problems
4. fears of death or financial problems
5. recent loss of partner, friends, pets

Your doctor can't tell by looking at you that you are depressed. In fact, they are more likely to pay more attention to physical complaints. Tell your doctor how you feel. There are things you can do to help with depression. Your doctor might give you medicine to make you feel better. Also, there are things you can do for yourself to feel better:

1. Get out of the house. See and talk to other people.
2. Participate in activities you enjoy. Learn a new skill.
3. Volunteer your time
4. Take care of a pet
5. Eat right and exercise, even if it's from a chair or wheelchair.

For more information contact Beacon Health at 1-800-974-6841. You can also visit Beacon's Web site at: www.beaconhealthstrategies.com.