

Living & Aging Well

- Eat healthy foods in healthy amounts
- Be physically & mentally active
- Get rest
- Manage your stress
- Laugh out loud and laugh a lot
- Keep a positive attitude
- Don't smoke
- If you drink alcohol, drink only in moderation
- Get involved with things that interest you
- Spend time with people – family, friends & members of your community
- Express your feelings
- Care for a pet
- Follow the advice of your health care team
- Ask for help



Talk to your family, friends & caregivers to help you find new & creative ways to improve your health & well-being.

Information adapted from:
Canadian Coalition for Seniors' Mental Health
www.ccsmh.ca

Seniors & Depression

Approximately 1 in 5 seniors have symptoms of depression.

Nearly 45% of seniors in residential care homes live with depression or symptoms of depression

Symptoms of Depression

- Feeling sad
- No interest in things you used to enjoy
- Less energy and feeling tired
- Not feeling well, having aches and pains
- Feeling guilty or worthless
- Difficulty thinking or concentrating
- Problem sleeping (too much or not enough)
- Changes in appetite or weight
- Feeling agitated, restless and/or sluggish
- Thoughts of suicide or death

You are not alone. Many older adults experience these same feelings!

Get Help!

Contact your health care provider or go to your local hospital. **Make sure you tell someone.** Talk to your family doctor, nurse, caregiver, church leader, social worker, psychologist, psychiatrist.

Mental Health Crisis Line 1-888-737-4668



Life Events Can Trigger Symptoms of Depression

- Grieving the death of a loved one
- Loneliness
- Retirement
- Physical Changes & Illness
- Moving to a smaller place, an apartment, or a nursing home
- Moving away from their friends, family & other supports
- Negative life events such as a separation or divorce, a financial crisis or other loss



What is your Risk for Depression?

- Being depressed in the past
- Having other biological relatives with depression
- Being female
- Being widowed or divorced
- Changes in the brain resulting from other illnesses such as stroke, Parkinson's disease or Alzheimer's disease.
- Trouble developing close relationships or having low self-esteem
- Illnesses that last a long time & cause difficulties like pain & disability
- Certain medications
- Drinking too much alcohol or abusing drugs
- Sleep problems that last a long time (too much or too little sleep)
- Not having a strong social network and being isolated
- Taking care of a family member who has a serious illness