

DEPRESSION IN SENIORS

Many seniors don't seek treatment for depression because they believe depression is a natural part of aging. Seniors often believe they should be able to deal with problems of their own and pull themselves up by their "bootstrap." Depression is a treatable medical condition with success rate of 80% when treated with a combination of medication and therapy.

Symptoms of Depression:

- Sad or depressed mood for over 2 weeks
- Loss of interest in things you normally like to do
- Change in sleep patterns (sleep too much or too little)
- Change in eating habits (eat too much or too little)
- Fatigue & physical complaints
- Excessive worry
- Thoughts of death or suicide