



Expert Advice:
Family & Children's Agency Home Care Services for Seniors
Depression Often goes Undetected in Seniors
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As we age, life brings many situations that can be very difficult to handle: the loss of loved ones, health concerns, loss of independence and even financial worries. For many people, especially those without a strong support network, moving through difficult times of transition can lead to depression.

According to the National Institute of Aging, depression among seniors can often be missed or go untreated due to the variation in symptoms. Symptoms of depression, such as tiredness, trouble sleeping and moodiness, are often associated with one's change in health and aging—not of depression.

If you or someone you know has experienced several of these symptoms for more than two weeks, it is recommended that you see a doctor:

- An “empty” feeling, ongoing sadness, and anxiety
- Tiredness, lack of energy
- Loss of interest or pleasure in everyday activities, including sex
- Sleep problems, including trouble getting to sleep, very early morning waking, and sleeping too much
- Eating more or less than usual
- Crying too often or too much
- Aches and pains that don't go away when treated
- A hard time focusing, remembering, or making decisions
- Feeling guilty, helpless, worthless, or hopeless
- Being irritable
- Thoughts of death or suicide

Source: National Institute on Aging

Depression can be treated through a variety of therapies that can be tailored for each individual. Seeking treatment is the best option to help one live their life feeling happy and fulfilled.

The following tips may be helpful to prevent depression in later adulthood:

- Stay active, join a senior group or activities at local senior centers
- Stay connected to family and friends
- Maintain a healthy diets
- Continue exercise

Family & Children's Agency is your local nonprofit trusted advisor on senior services. Because we are a nonprofit, we offer services on a sliding scale and our in-house social worker and registered nurse tailor our services to meet your needs. We offer a Personal Alert emergency response system, live-in services, homemakers, Home Health Aides, carpentry and home modification, and assisted transportation. Visit www.FamilyandChildrensAgency.org or call (203) 855-8765 to learn more.