

Depression is treatable

Take the test. Talk to your doctor.

Choose the best answer for how you have felt over the past weeks:

- 1. Are you basically satisfied with your life? Yes No (1)
- 2. Do you feel your life is empty? Yes No (1)
- 3. Are you afraid something bad is going to happen to you? Yes No (1)
- 4. Do you feel happy most of the time? Yes No (1)

Total _____

Suspect depression if you score 2 or more (out of possible total of 4)

test compliments of: [http://www.patient.co.uk/doctor/Geriatric-Depression-Scale-\(GDS\).htm](http://www.patient.co.uk/doctor/Geriatric-Depression-Scale-(GDS).htm)

Where to get help in Halton

COAST 1-877-825-9011

Distress Centre Oakville
. 905-849-4541

North Halton Distress Centre and Information 905-877-1211

Telecare Burlington . 905-681-1488

Your family doctor

Depression is just part of getting old, right?
Wrong!



This pamphlet has been adapted with permission from Mood Disorders Association of Ontario.



Depression is not a normal part of aging.

It is a **medical illness** that can be treated effectively if it is recognized and diagnosed.

Facts:

- Depression rates for older adults over 65 in Canada:
 - range from 10 to 15% for those living in the community.
 - can be as high as 44% for those living in hospitals or long-term care homes.
- Depression in older adults can magnify other existing conditions like pain.
- Depression can happen after surgery or with other chronic conditions like arthritis.

Signs that may indicate depression:

- pain
- change in sleeping habits
- change in eating habits/ weight loss
- low energy/fatigue
- restlessness or agitation
- trouble concentrating
- feeling worthless
- excessive guilt/worrying
- feeling hopeless
- withdrawal from friends and activities
- frequent doctor's visits or calls to family members
- thoughts of suicide or death
- refusal to seek medical care



Suicide:

In 2007, 452 Canadians 65 years of age and older died by suicide.

In Canada, men over the age of 80 have the nation's highest rate of suicide.

Any thoughts of suicide should be shared with someone you trust and any talk of suicide should be taken seriously!

Treatment for depression works

- Research has shown that a combination of medication and talk therapy is usually effective in helping older adults with depression.