In-Home Aides

Partners in Quality Care

MISCONCEPTIONS:

It is a wide misconception that depression and aging are a normal part of life. If an elderly person is experiencing the symptoms of depression, it is the body's reaction to illness, feelings of hopelessness, financial strain, loneliness, or a number of other causes.

In order to understand depression, we must first know what the medical definition of depression is. Everyone is faced with times in their lives where sadness replaces joy and we are all faced with sorrow in times of loss, physical or emotional pain, or strained finances or relationships. This is normal. When this sadness becomes prolonged and we are unable to overcome the feelings of sadness, this is considered depression.

Depression in the elderly, undiagnosed or left untreated, can have a major impact on the quality of life that they are able to fulfill. Early detection of depression in the elderly can make a difference in the elderly population being able to live a healthier and longer life.

According to the World Health Organization, depression is defined as a prolonged and persistent state of sadness.

Do not dismiss symptoms of depression in the elderly patient. It is NOT a normal part of aging, but a reaction to other circumstances in their life.



What You Will Learn:

Common Misconceptions of Depression in the Elderly

Signs and Symptoms of Depression Causes of Depression

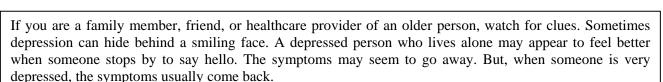
What to do if you suspect Depression in Your Client



There is no one cause of depression. For some people, a single event can bring on the illness. Depression often strikes people who felt fine but who suddenly find they are dealing with a death in the family or a serious illness. For some people, changes in the brain can affect mood and cause depression. Sometimes, those under a lot of stress, like caregivers, can feel depressed. Others become depressed for no clear reason.

People with serious illnesses, such as cancer, diabetes, heart disease, stroke, or Parkinson's disease, may become depressed. They may worry about how their illness will change their lives. They might be tired and not able to deal with things that make them sad. Treatment for depression can help them manage their depressive symptoms and improve their quality of life.

Genetics, too, can play a role. Studies show that depression may run in families. Children of depressed parents may be at a higher risk for depression. And, depression tends to be a disorder that occurs more than once. Many older people who have been depressed in the past will be at an increased risk.





Signs and Symptoms of Depression:



People with depressive illnesses do not all experience the same symptoms. The severity, frequency and duration of symptoms will vary depending on the individual and his or her particular illness.

Symptoms include:

Persistent sad, anxious or "empty" feelings

- Feelings of hopelessness and/or pessimism
- Feelings of guilt, worthlessness and/or helplessness
- Irritability, restlessness
- Loss of interest in activities or hobbies once pleasurable, including sex
- Fatigue and decreased energy
- Difficulty concentrating, remembering details and making decisions
- Insomnia, early-morning wakefulness, or excessive sleeping
- Overeating, or appetite loss
- Thoughts of suicide, suicide attempts
- Persistent aches or pains, headaches, cramps or digestive problems that do not ease even with treatment
- When older adults do have depression, it may be overlooked because seniors may show different, less obvious symptoms, and may be less inclined to experience or acknowledge feelings of sadness or grief.

The Aide's Role in Helping a Client with Depression:

- Becoming informed about depression is the first step in helping the patient.
- Be able to recognize the symptoms and the changes that occur as you care for the patient.
- If you suspect your patient is having the signs and symptoms of depression, it is important to notify your agency with these concerns. If a client has suicidal thoughts or expresses threats to their safety, take these signs seriously and know what your agency's policies are for this type of emergency.

Some of the daily things a caregiver can do with an elderly client to help them deal with the signs leading up to a diagnosis of depression, or those that are diagnosed with depression, are:

- Listen <u>without</u> giving advice or opinions this will encourage future conversations.
- Give positive reinforcement to help with feelings of worthlessness they may be experiencing.
- Involve the client in activities they can participate in, such as board or card games.
- Create a stress-free environment. Make your time with the client as organized and routine as possible.
- If the client is suicidal, do NOT leave them alone.

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In-home aide newsletter- June 2011 POST-TEST on Depression

	Name:	
<u>Ch</u>	Check True or False on the following questions:	
1.	Depression and Aging are a normal part of life. True False	
2.	Depression can be linked to serious illnesses. True False	
3.	Early detection of depression in the elderly can make a difference in being able to a healthier and longer lift. True False	
4.	Depression can be triggered by a single event or for no clear reason. True False	
5.	People with depressive illness will experience the same symptoms. True False	
<u>Ch</u>	eck the correct answer or answers for the following questions:	
6.	Causes of depression can include: a. Changes in the brain b. When under a lot of stress c. With serious illness d. Genetics (run in families) e. all of the above	
7.	Symptoms of depression may include: a. Persistent sad, anxious, or empty feelings b. Feelings of hopelessness c. Feelings of guilt and helplessness d. Loss of interest in activities e. Difficulty concentrating, remembering details and making decisions f. Fatigue and decreased energy g. all of the above	
8.	The Aide's Role in Helping a Client with Depression include: a. Becoming informed about depression b. Be able to recognize the symptoms and changes that occur in your client's c. Notify the supervisor if signs of depression in the client are present d. Listen and be prepared to give advice e. If the client is suicidal, do not leave them alone f. all of the above	
<u>In</u>	the following questions, fill in the blanks:	
9.	Depression can hide behind a	
10	Depression is defined as a and state of sadness.	