

## In Service Training Managing Depression



### 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**

### 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. 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.

### CAUSES OF DEPRESSION:

There is no one cause of depression. For, some people, a single event can bring on this illness. Depression often strikes people who is normal, 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 are important can make them sad. Treatment for depression in part can help them manage their depressive symptoms and improve their quality of life.

According to the World Health Organization. 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.

If you are a family member, friend, or healthcare provider of an older person, watch for clues. Sometimes depression can hide behind a smiling face. A depressed person who lives alone may appear to feel better when someone stops by to say hello. The symptoms may seem to go away. But, when someone is very depressed, the symptoms usually come back.

## 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 **without** 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.

