

## **Geriatric Depression**

A slower step and a touch of gray aren't the only changes that getting older brings. Often feelings of sadness or depression stay hidden or go unrecognized, and seniors just don't realize that there are real things they can do to cope with the impact of depression on their lives.

### **DEPRESSION IN THE ELDERLY MANIFESTS ITSELF BY:**

- ILLNESS
- CONFUSION
- FATIGUE
- HELPLESS
- LONELINESS
- ABANDONMENT
- WEIGHTLESS
- DIFFICULTY SLEEPING

### **WHAT YOU CAN DO**

- DEPRESSION SCREENING
- PICK A NEW HOBBY
- VOLUNTEER
- MEDICATIONS
- MASSAGE
- EXERCISE
- DO NOT GIVE UP!