Moving forward:

A ROADMAP TO BETTER MENTAL HEALTH
Good Genes

Good Habits

Physical Health

Mental Health

The Road to Well-being
Things Happen...

- Leaving the work force
- Changing your living situation
- Physical problems
- Loss and grief
- Caregiving
Aging is an accumulation of loss

Spouse  Friends  Savings  Strength  Physical health  Forever
Find the coping strategies that work

Healthy behaviors
Social involvement and networking
Positive interpersonal relationships
Reasonable accommodations
Spiritual or religious engagement
Warning: Danger Ahead!
Mental health road blocks

Mood disorders
- Dread (Anxiety)
- Dysthymia
- Depression

Cognitive disorders
- Delirium
- Dementia
Key driving tip: Avoid the “D States”

- Depression
- Dread
- Dysthymia
- Dementia
- Delirium
Generalized Anxiety

- Constant worry, even over routine events
- Often co-exists with other mental health problem
- Tends to carryover from earlier in life
- Increases risk of physical disability
- Medication should NOT be the first choice for treatment
- Psychotherapy can work
May be effective but a lot caution needed
- Lower doses
- Risk of drug interactions

Much higher risk of side effects
- Memory loss
- Urinary problems
- Falls
Depression in the Elderly

Can result from:

- Prior inadequate treatment
- Tragic incidents
- Health issues
- Alcohol
- Medication
- Inactivity
Feeling of helplessness
Thoughts of death
Decreased energy
Anger
Isolation
Loss of interest in hobbies and other activities
Trouble sleeping
Weight changes- loss or gain
Don’t Detour to Dysthymia

- Symptoms similar to depression
- Less severe
- Persistent, at least 2 years
- Can progress to major depression if untreated
Cognitive Disorders
About Delirium

- Acute
- Medications
- Change in environment
- Reversible

Confusion
Avoiding Delirium

- Brown bag medication reviews
- Avoid alcohol
- Know your own medical history
- Have a hospital advocate
- Check your eyes and ears
Many different types

- Alzheimer’s
- Vascular
- Parkinson’s/ Lewy Body/ Frontotemporal
- Reversible
  - Thyroid disorders
  - Vitamin deficiencies
  - Pseudodementia
More than just memory loss

Life becomes more difficult...

- Communicating or finding words
- Problem-solving
- Handling complex tasks
- Planning and organizing
- Coordination and motor functions
- Orientation
Associated Psychological Changes

- Personality changes
- Depression
- Anxiety
- Inappropriate behavior
- Paranoia
- Agitation
- Hallucinations
Treating Dementia

- Medications
  - Cholinesterase inhibitors (e.g. Aricept)
  - Memantine
  - Others – for sleep, mood, and agitation

- Non-drug therapies
  - Occupational
  - Behavioral
Dementia

NOT a normal part of aging!
So which road will you take?
A Long and Happy Life

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The Road to Well-being

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Questions?