



Moving forward:

A ROADMAP TO BETTER MENTAL HEALTH

Good
Genes

Good
Habits

Physical
Health

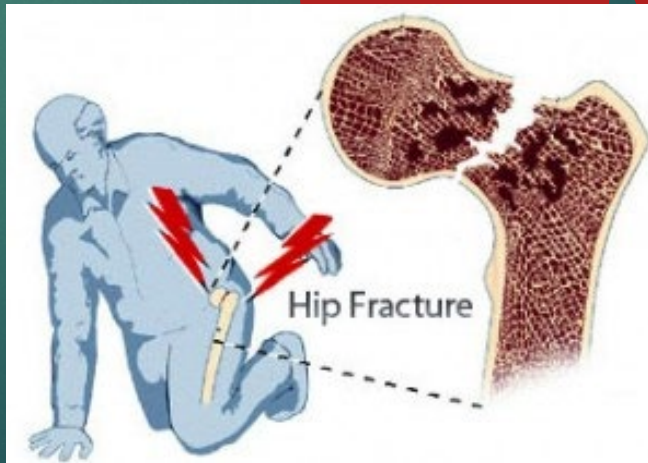
Mental
Health

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

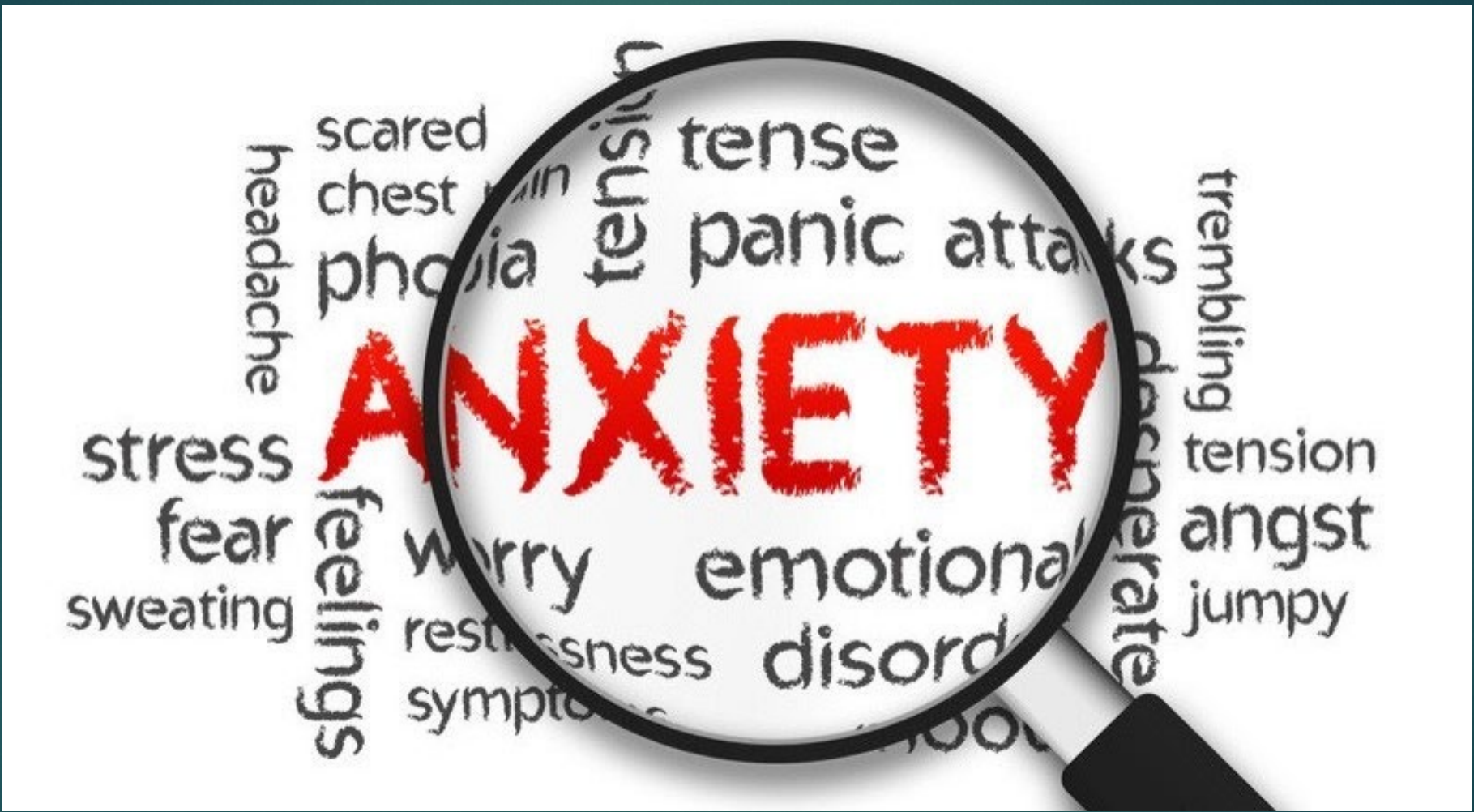
- Dread (Anxiety)
- Dysthymia
- Depression

Cognitive disorders

- Delirium
- Dementia

Key driving tip: Avoid the “D States”



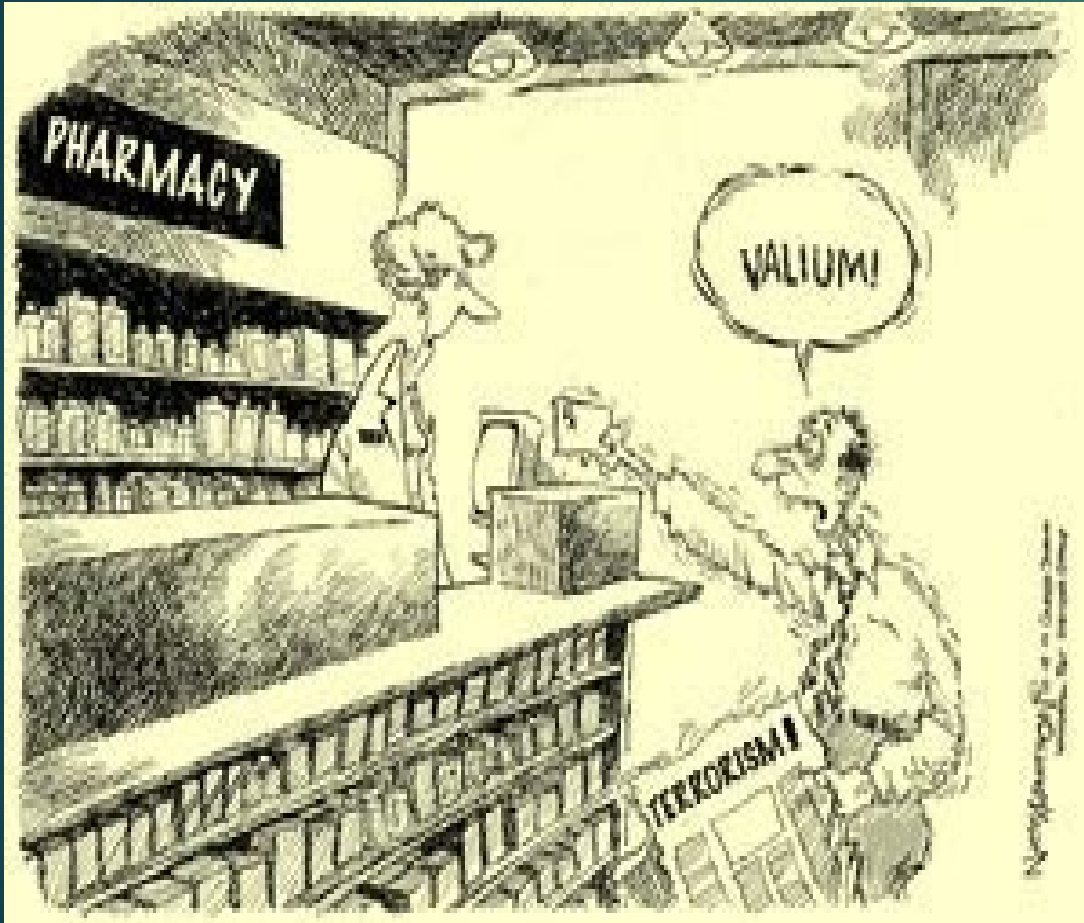


Generalized Anxiety

- ▶ 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

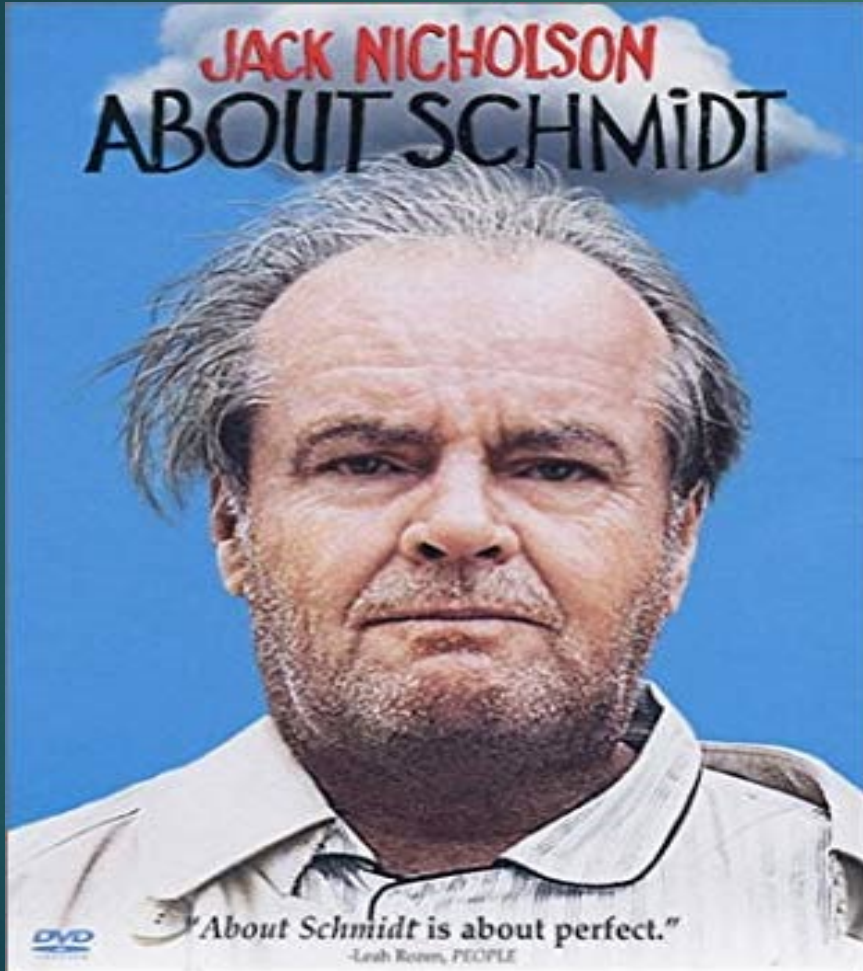


Why not a tranquilizer?



- ▶ May be effective but a lot of 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

Depression- Know the Signs and Symptoms!



Older Adults and Depression

Learn the signs and find treatment.

Do you feel very tired, helpless, and hopeless?
Have you lost interest in many of the activities and interests you previously enjoyed?
Are you having trouble working, sleeping, eating, and functioning?
Have you felt this way day after day?

If you answered yes, you may be experiencing depression.

As you get older, you may go through a lot of changes—death of loved ones, retirement, stressful life events, or medical problems. It's normal to feel uneasy, stressed, or sad about these changes. But after adjusting, many older adults feel well again.

Depression is different. It is a medical condition that interferes with daily life and normal functioning. It is not a normal part of aging, a sign of weakness, or a character flaw. Many older adults with depression need treatment to feel better.

Types of Depression

There are several types of depression. The most common include:

- ▶ **Major Depression**—severe symptoms that interfere with your ability to work, sleep, concentrate, eat, and enjoy life. Some people may experience only a single episode within their lifetime, but more often, a person may experience multiple episodes.
- ▶ **Persistent Depressive Disorder (Dysthymia)**—depression symptoms that are less severe than those of major depression, but last a long time (at least two years).
- ▶ **Minor Depression**—depression symptoms that are less severe than those of major depression and dysthymia, and symptoms do not last long.

Do you know the signs?

Depression may sometimes be undiagnosed or misdiagnosed in some older adults because sadness is not their main symptom. They may have other, less obvious symptoms of depression or they may not be willing to talk about their feelings. It is important to know the signs and seek help if you are concerned.

NIH National Institute of Mental Health

- ▶ 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

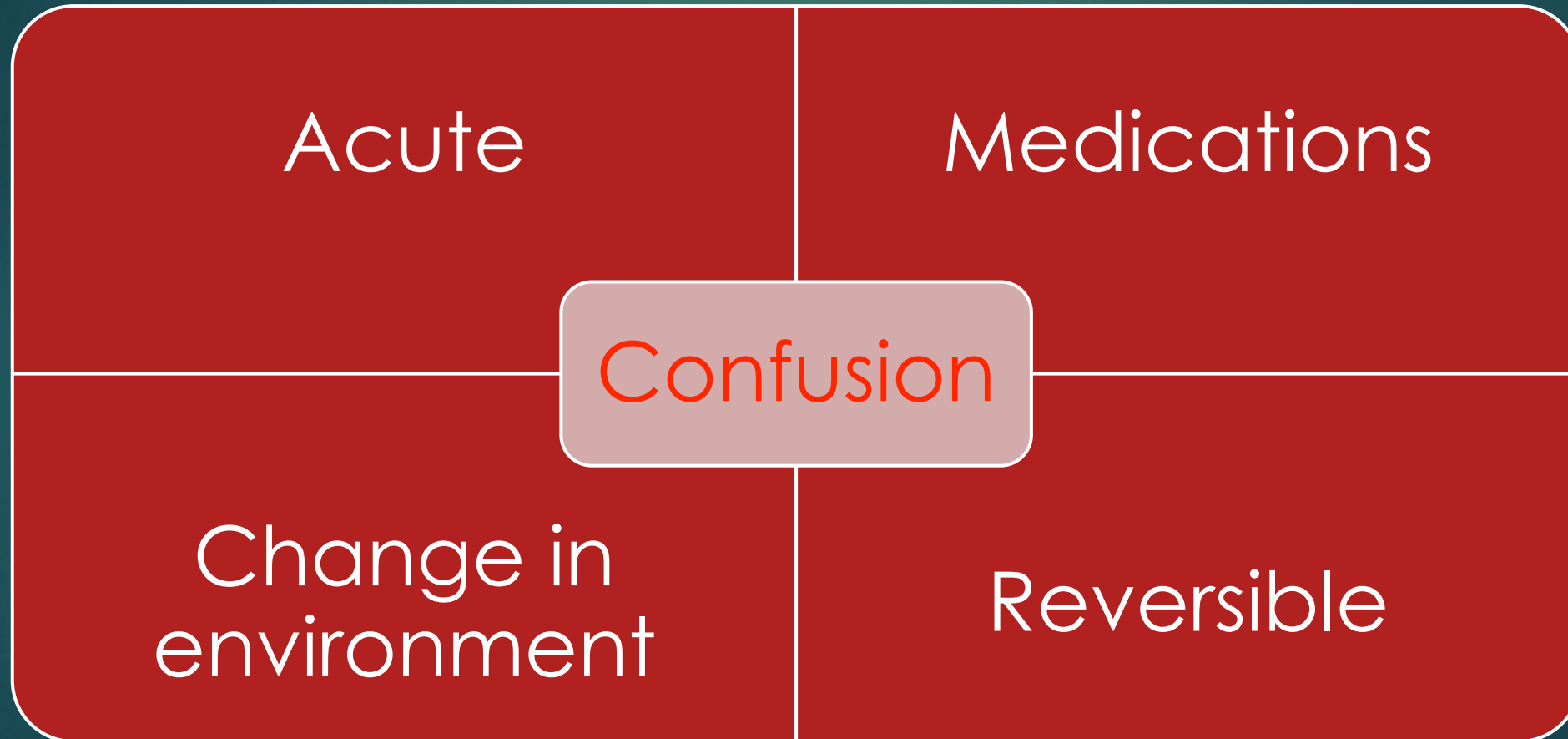


- ▶ Symptoms similar to depression
- ▶ Less severe
- ▶ Persistent, at least 2 years
- ▶ Can progress to major depression if untreated

Cognitive Disorders



About Delirium

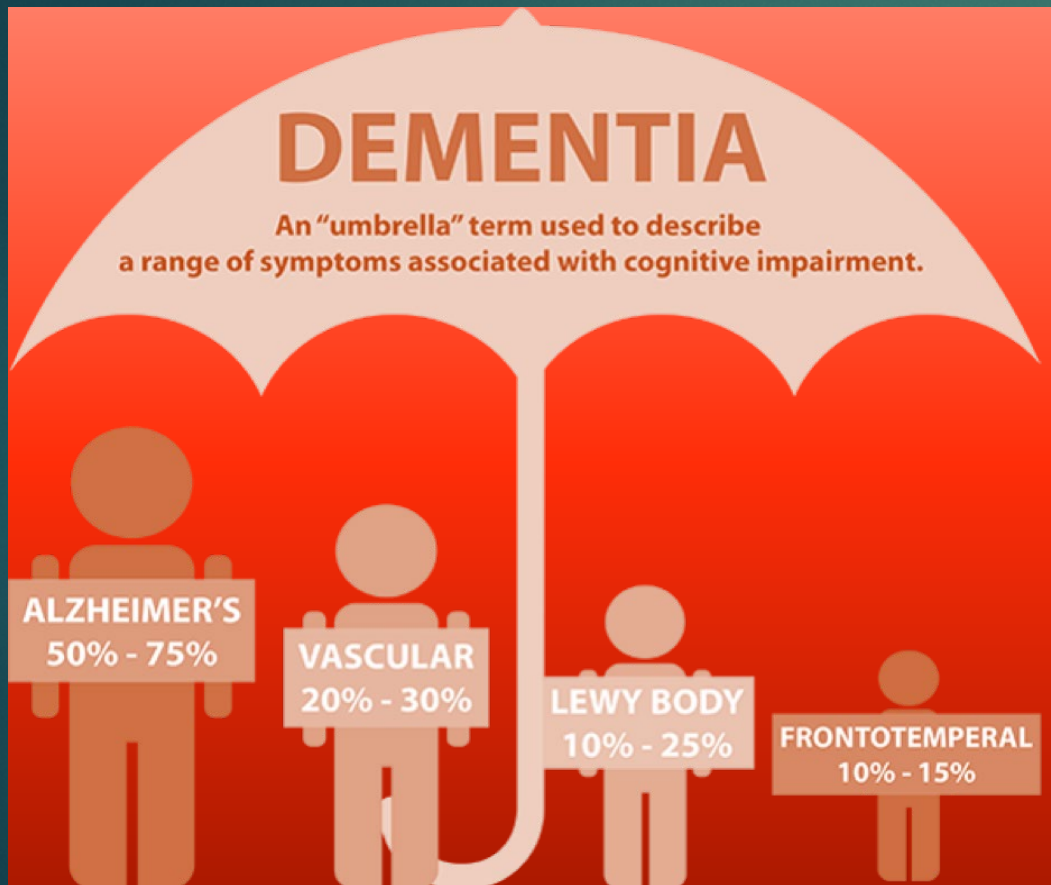


Avoiding Delirium

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



About Dementia

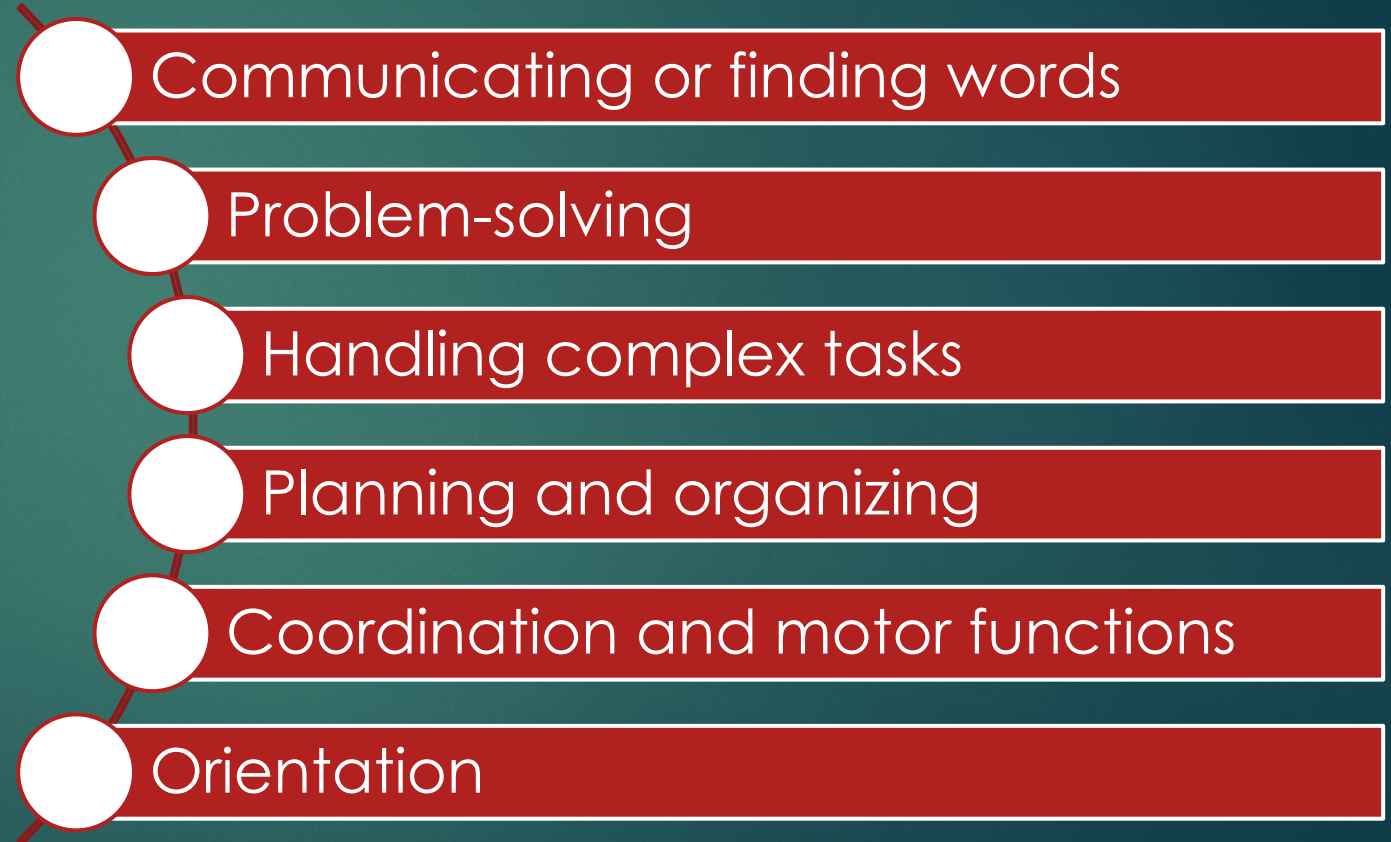


Many different types

- ▶ 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



Treating Dementia

- Medications
 - Cholinesterase inhibitors (e.g. Aricept)
 - Memantine
 - Others – for sleep, mood, and agitation
- Non-drug therapies
 - Occupational
 - Behavioral



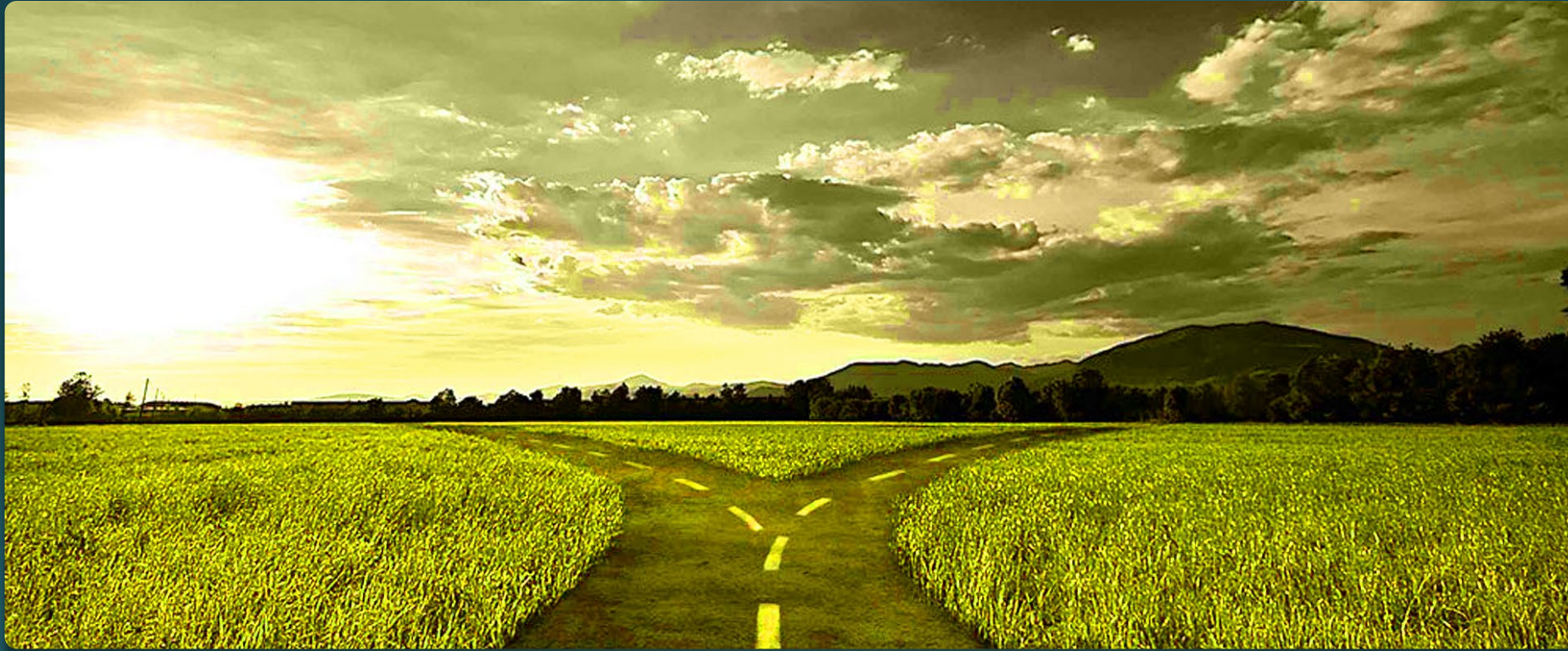
Dementia

NOT a normal
part of aging!



Preventing Dementia





So which road will you take?

The Road to Well-being

Good
Genes

Good
Habits

Physical
Health

Mental
Health

A Long
and
Happy
Life





Questions?