

# DEPRESSION IN OLDER ADULTS



**CARE** *Patrol*™

Your Partner In Senior Care Solutions



## Finding the **Right Care** Option

Since 1993, CarePatrol has partnered with families to find the right care solution for their loved ones, including Assisted Living, Independent Living, Memory Care, In-Home Care, Nursing Homes and more.



**Considering senior care options?**

**We are your partner in the process.  
Contact us.**

## Our Trusted Experts Are Here to Help.

The changes that often come later in life — retirement, the death of loved ones, increased isolation and medical problems — can lead to depression.

Depression prevents you from enjoying life like you used to, and its effects go far beyond changes in mood; it also impacts your energy, sleep, appetite and physical health. While depression is not an inevitable part of aging, there are many steps you can take to overcome its symptoms no matter what challenges you face.

Depression in older adults is often linked to physical illness. Chronic pain and physical disability can understandably get you down. Symptoms of depression can also occur as part of medical problems such as dementia or as a side effect of prescription medications.

### **Finding the Right Solutions**

Sometimes a move to an independent living to increase socialization is a possible solution for short-term depression episodes.

It is important to note that depression isn't a sign of weakness or a character flaw. It can happen to anyone, at any age, no matter your background or your previous accomplishments in life. Similarly, physical illness, loss and the challenges of aging don't have to keep you down. Whether you're 18 or 80, you don't have to live with depression. Depression in older adults can be combated with the right support, treatment and self-help strategies so you can feel better and live a happy and vibrant life.

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Let us help. We are your trusted partner.



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