

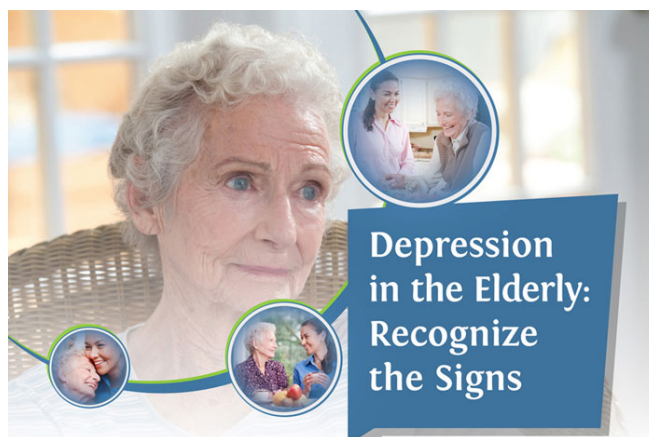


How to Recognize Depression in the Elderly

by NEWLIFEOUTLOOK TEAM

Depression in the Elderly: Recognize the Signs

Learning the signs of depression in the elderly will help you to keep track of any red flags that you should bring to the attention of your family member's doctor and to get your family member to seek help. You can help prevent depression in elderly family members by making sure that you spend time with anyone who's aging in your life by doing any mutually enjoyable activities. This is especially important if your family member doesn't have anyone with whom she can engage in the activities anymore. Schedule an activity at least on a weekly basis. Activities such as shopping, mini golf, going to a movie, gardening, and so on can be great ways to help prevent depression and to have open communication so you can identify the signs of depression.



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» Your elderly mother is widowed and lives alone. She says she isn't sleeping well, and she's lost weight. She says that her stomach hurts and she has headaches all the time, but the doctor can't find anything causing her pains.

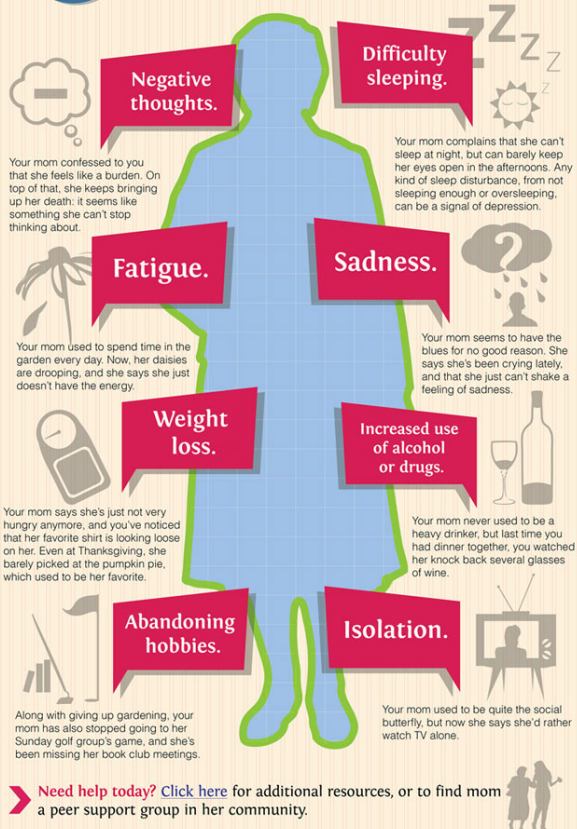
What could be wrong?

Depression could be behind your mom's symptoms. **Depression affects about 65 million Americans age 65 and older. But only 10% receive treatment**, because depression in the elderly often looks very different from depression in younger people.



Below are red flags to watch for

If you see an elderly loved one exhibiting these signs, talk about them with her doctor to find out if depression is the underlying cause.



» **Need help today?** [Click here](#) for additional resources, or to find mom a peer support group in her community.