



Age / Dementia Friendly Greater Fall River Coalition

Older Adults and Depression

As you get older, you may go through a lot of changes - death of loved ones, retirement, or medical problems. It's normal to feel uneasy, stressed, or sad. But after adjusting to the losses, many older adults feel well again. Depression is different. It interferes with daily life and normal functioning.

It is not a normal part of aging.

So ask yourself: Have you...

- lost interest in activities and interests you previously enjoyed?
- experienced changes in appetite and/or unintended weight gain or loss?
- persistently felt sad, anxious, or “empty?”
- been fatigued, less energetic, or felt like you’re being “slowed down?”
- had difficulty concentrating, remembering, or making decisions?
- had aches or pains, headaches, or digestive problems without a clear physical cause?
- experienced thoughts of death or suicide, or attempted suicide?

If the answer is “yes” to one or more of these symptoms, you may be depressed.

The good news is that with treatment, most older adults experiencing depression feel better !!



- Talk with your doctor
- Try counseling
- Seek social support
- Think about holistic therapies, such as acupuncture or massage
- Work on exercise and healthy eating

*To connect with local resources that can help you, please contact the Bristol Elder Services Information & Referral Department at (774) 627-1390; TTY: (508) 646-9704 or MassRelay 711
Email us at info@bristolelder.org or visit our website: www.bristolelder.org*



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