

OLDER ADULTS AND DEPRESSION

Stay Independent. 
Prevent Falls.

Depression affects the way a person feels about themselves and relates to others. Older adults who suffer from depression are more likely to fall.



If you have experienced any of the following signs and symptoms for more than seven days in the last two weeks, you may be suffering from depression. These include:

- » Having little interest or pleasure in doing things
- » Feeling down, sad, or hopeless
- » Having trouble falling asleep, staying asleep or sleeping too much
- » Feeling tired or having little energy
- » Having poor appetite or overeating
- » Feeling bad about yourself - or that you are a failure, or have let yourself or your family down
- » Having trouble concentrating on things such as reading the newspaper or watching television
- » Moving or speaking so slowly that other people could have noticed.



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TAKE ACTION TO ADDRESS DEPRESSION

Talk to Your Doctor

If you have 3 or more of these signs and symptoms, ask your doctor or healthcare provider to assess you for depression. Depression is treatable.

Keep Active

Physical activity and exercise are beneficial both for preventing falls and alleviating the symptoms of depression.

- » Do 30 minutes or more of moderate- to vigorous-intensity physical activity at least 5 days each week
- » Include activities that improve your balance and build strength in your legs

Self-Care

Taking care of your well-being will help you avoid depression.

- » Plan and take part in pleasurable activities, particularly outdoors
- » Spend time with other people
- » Develop healthy sleep habits
- » Eat a healthy diet

If you have thoughts of hurting yourself or taking your life, tell someone who can help immediately, or call your local crisis line.

LOCAL CONTACT INFORMATION

Sources available upon request.

REV: 11-2017
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