

Depression in Older Adults



It is normal throughout life to feel sad or down for a few hours or even days. Strong emotions of sadness or feelings that last for several weeks are likely due to depression. Depression is more common than you think. About 7 million American adults over the age of 65 experience depression each year.*

Depression is a serious mental disorder that can interfere with daily activities. The good news is depression can be successfully treated, especially when caught early. While speaking about our feelings can be difficult, it is better in the long run to get help and heal than to suffer in silence. Take note of the signs and symptoms of depression below and seek help from a provider if you or a loved one has any of these that last for 2 weeks or more.



Intense feelings of sadness



Digestive issues



Feeling hopeless



Fatigue or tiredness



Lack of interest in activities you used to enjoy



Unable to concentrate



Sleeping too much or not enough



Reckless behavior



Changes in appetite

The key to successfully treating depression is following the treatment plan laid out by your provider each day, even if symptoms go away. It is important to work with your provider to find a treatment plan that will work for you.

Sources

*Studies by the Centers of Disease Control and Prevention (CDC)

www.healthline.com/health/depression/elderly-and-aging#Overview1

MeridianComplete is a health plan that contracts with both Medicare and Michigan Medicaid to provide benefits of both programs to enrollees.

