

## DEPRESSION

*Need to Knows provide older adults and their families with important information to enhance their hospital or nursing home stays. Communication and teamwork are important aspects of high-quality healthcare. The individual, family, and caregivers are vital members of the team.*

Depression is a medical condition that causes symptoms affecting how you feel, concentrate, eat, sleep, and enjoy life. Many older adults with depression need treatment to feel better.

### **Why is it important?**

Depression may cause suffering for patients and their families. Depression is often hidden behind physical challenges and can be treated but must be discovered first. It is important to make sure older adults have access to the right resources.

### **What you and your family can do:**

If you think you or your loved one is depressed, speak to your doctor or nurse.

Understand that depression is a medical condition. The person with depression will not “snap out of it.”

Ask questions about treatment options. There are different types of treatments available for depression including psychotherapy (talk therapy) and medication.

Older adults with depression are at risk for suicide. If you have thoughts of harming yourself or if you are concerned your loved one is suicidal tell a healthcare professional or call 911.