Preventing Depression in Community-Dwelling Older Adults

Sheri Harrison/ NURS 7350/ Community Assessment
Auburn University
July 22, 2013
INTRODUCTION

- In 2010, 40 million people age 65 and over accounted for 13% of the total population in the United States. In 2030, the number and proportion of older Americans is expected to grow to 72 million! That's nearly 20% of the population!

- Older adults utilize the highest proportion of medical care resources than any other age group!
FACTORS AFFECTING THE OVERALL HEALTH OF OLDER ADULTS:

Physical health, psychological health and social-economic health

- Age
- Nutrition
- Lean body mass is decreased
- Medical conditions
- Multiple medications
- Financial concerns
- Lack of Independence
HEALTH DISPARITIES IN OLDER ADULTS

- Minority elders still receiving lower quality of care
- Minority elders tend to be in poorer health and use health care less often
- Healthcare disparities are costly and lead to significant morbidity and disability
- HealthyPeople 2020 has set goals and objectives aimed at eliminating health disparities to improve the health of all people in the U.S.
Depression in Older Adults

- Common problem in this age group

- Effects energy, appetite, sleep, and interest in work, hobbies, and relationships
CAUSES OF DEPRESSIONS IN OLDER ADULTS AND THE ELDERLY

- Health problems
- Loneliness and isolation
- Reduced sense of purpose
- Fears
- Recent bereavement
WHY IS DEPRESSION SO OFTEN OVERLOOKED IN OLDER ADULTS?

- Older adults may assume it is just part of aging.
- Isolation
- Older adults may not recognize physical complaints as depression symptoms
- Older adults may be reluctant to admit to their feelings
Signs and Symptoms of Depression

- Sadness
- Fatigue
- Withdrawal
- Weight loss or loss of appetite
- Sleep disturbances
- Loss of self worth
- Increased use of alcohol
- Fixation on death; suicidal thoughts or attempts
### Center for Epidemiologic Studies Short Depression Scale (CES-D 10)

- **Short version** of the 20-item CES-D.
- **CES-D developed in the 1970’s by Lenore Radloff,** researcher at the **National Institute of Mental Health**
- **Score is the sum of the point for all 10 items. A score of 10 or greater is considered depressed.**

<table>
<thead>
<tr>
<th>Items</th>
<th>Rarely or none of the time (less than 1 day)</th>
<th>Some or a little of the time (1-2 days)</th>
<th>Occasionally or a moderate amount of time (3-4 days)</th>
<th>All of the time (5-7 days)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. I was bothered by things that usually don't bother me.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. I had trouble keeping in mind what I was doing.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. I felt depressed.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. I felt like crying.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. I felt hopeful about the future.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6. I felt fearful.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7. My sleep was restless.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8. I was happy.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9. I felt like crying.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10. I could not get going.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
RESULTS:

- 2 out of 10 participants scored greater than 10 = 20% of this population considered depressed by the CES-D tool.
- Scored Results: 1(1), 2(3), 1(4), 1(5), 1(7), 1(8), 1(9), 1(11), 1(13)
- The two positives were completed by females age 70 and 75.
Strategies Aimed to Prevent Depression in Older Adults

- **All primary care offices, nursing homes, and assisted living facilities need to have an effective health assessment tool to screen for depression.**

- **Provide detailed brochures to the above facilities to be available to the public with information on depression in older adults listing risk factors, signs & symptoms, and treatment options.**
TREATMENT OPTIONS

- Encourage exercise
- Encourage connecting with others
- Promote self help tips
- Anti-depressants
- Counseling and therapy
“Every man has his secret sorrows which the world knows not; and often times we call a man cold when he is only sad.”
— Henry Wadsworth Longfellow
References


