

About Late-Life Depression



Preventive Health Insert 3: Recovery and Treatment

COMMUNITY CARE PREVENTIVE HEALTH LINE • 1-866-639-2943 • TTY/TDD 1-877-877-3580

To help yourself feel better and lessen your symptoms of depression, pick something you like to do. Maybe what you like to do is walk. Start slowly. Walk 10-15 minutes a day to start, then increase the time as you are able. Talk with your doctor before beginning any exercise program.

I'm feeling better. What's next?

The good news is that depression gets better with treatment. Some people choose to stop treatment when they start to feel better. But depression often comes back if treatment is stopped too soon. Staying in treatment can keep that from happening.

What can I do to feel better?

There are many things you can do to help yourself cope. Prepare for changes in your life. Retirement can be hard. So can moving from your home. One thing that can help is to keep your friendships. Friends and family can help you feel less lonely.

Hobbies and other meaningful activities can help keep your mind and body active.

Stay in touch with family. Family can be important in your recovery. Let them help you when you feel very sad.

Plan ahead if you have lots to do. Break things up into smaller jobs. They are easier to finish. Finishing each part can make you feel better.

Exercise can also help your mood. Walking outside or at a mall can make you feel better. Gardening, dancing, and swimming are good exercise. All of these can help your mood.



Other things that may help your mood:

- Listening to music
- Spending time with pets
- Talking with other people
- Visiting family and friends
- Learning a new skill
- Sharing jokes and funny stories
- Volunteering to help others
- Working with a support group
- Going to the local Senior Center
- Eating a healthy diet and exercising

Why suffer when you can be helped?

If you feel that you have any of the signs of depression, it is a good idea to see a mental health professional.

What you need to know...

Remember, feeling better takes time. It can happen slowly. But, it can happen. Over time, good thoughts will happen more and more.

It is important to stay in treatment. It is often best to stay in treatment for a year or more after you start to feel better. Keep a positive attitude to stay on the road to recovery.

Some resources you might find helpful:

- National Institute on Aging
1-800-222-2225
www.nia.nih.gov
www.nihseniorhealth.gov
- National Alliance for the Mentally Ill (NAMI)
1-800-950-6264
www.nami.org
- National Institute of Mental Health (NIMH)
1-866-615-6464
www.nimh.gov
- “Late Life Depression”
Patrick Mathiasen, MD, and Susan Levert, 1997.
Published by Bantam Books.
- “Live Longer Depression Free”
Mark Miller, MD, and Charles Reynolds III, MD, 2002
Published by the John Hopkins University Press.



A positive attitude will help you stay on the road to recovery.

To receive more information about depression, call Community Care's Depression Preventive Health Program at 1-866-639-2943; TTY/TDD 1-877-877-3580.

The general information...

provided about depression may not apply to everyone. If you have questions, talk with your doctor. Together you can find the information you need.