

COMMON MENTAL HEALTH ISSUES IN THE ELDERLY
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STAY HEALTHY QUIZ – MEN ACTIVITY
[HTTPS://ARCHIVE.AHRQ.GOV/PATIENTS-CONSUMERS/PATIENT-INVOLVEMENT/HEALTHY-MEN/QUIZ.HTML](https://archive.ahrq.gov/patients-consumers/patient-involvement/healthy-men/quiz.html)



HEALTH QUIZ - WOMEN





THE WORLD HEALTH ORGANIZATION DEFINES HEALTH AS "A STATE OF COMPLETE PHYSICAL, MENTAL, AND SOCIAL WELL-BEING AND NOT MERELY THE ABSENCE OF DISEASE OR INFIRMITY"


MENTAL HEALTH IS VITAL TO OVERALL HEALTH & WELLNESS

ISSUES AND CONCERNS MUST BE ADDRESSED ESPECIALLY FOR ELDER POPULATION

Centers for Disease Control and Prevention and National Association of Chronic Disease Directors. The State of Mental Health and Aging in America Issue Brief 1: What Do the Data Tell Us? Atlanta, GA: National Association of Chronic Disease Directors; 2008.

HEALTH DEFINED

SOME FACTS

-  Est. 20% over 55 experience some type of mental health concern
-  Mood Disorders (Depression)
Anxiety
Cognitive impairment
-  Highest suicide rate is among older men
-  Depression is most prevailing mental health disorder of this group

Centers for Disease Control and Prevention and National Association of Chronic Disease Directors. The State of Mental Health and Aging in America Issue Brief 1: What Do the Data Tell Us? Atlanta, GA: National Association of Chronic Disease Directors; 2008.



DEPRESSION - OVERVIEW

WARNING SIGNS OF DEPRESSION

- NOTICEABLE CHANGES IN MOOD, ENERGY LEVEL, OR APPETITE
- DIFFICULTY SLEEPING OR SLEEPING TOO MUCH
- DIFFICULTY CONCENTRATING, FEELING RESTLESS, OR ON EDGE
- INCREASED WORRY OR FEELING STRESSED
- ANGER, IRRITABILITY OR AGGRESSIVENESS
- ONGOING HEADACHES, DIGESTIVE ISSUES, OR PAIN
- A NEED FOR ALCOHOL OR DRUGS
- SADNESS OR HOPELESSNESS

National Institute Of Mental Health (2014). Older Adults And Mental Health. <https://www.nlm.nih.gov/health/topics/older-adults-and-mental-health/index.shtml>. Retrieved September 1, 2018.

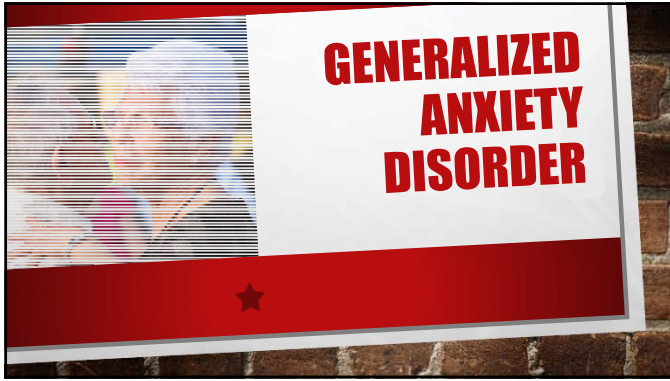
WARNING SIGNS OF DEPRESSION

- SUICIDAL THOUGHTS
- FEELING FLAT OR HAVING TROUBLE FEELING POSITIVE EMOTIONS
- ENGAGING IN HIGH-RISK ACTIVITIES
- OBSESSIVE THINKING OR COMPULSIVE BEHAVIOR
- THOUGHTS OR BEHAVIORS THAT INTERFERE WITH WORK, FAMILY, OR SOCIAL LIFE
- UNUSUAL THINKING OR BEHAVIORS THAT CONCERN OTHER PEOPLE

National Institute Of Mental Health (2014). Older Adults And Mental Health. <https://www.nlm.nih.gov/health/topics/older-adults-and-mental-health/index.shtml>. Retrieved September 1, 2018.

GERIATRIC DEPRESSION SCALE

**INDIVIDUAL ACTIVITY:
PRACTICE COMPLETION FOR SELF OR SOMEONE THAT YOU MAY BE
CONCERNED ABOUT**




GENERALIZED ANXIETY DISORDER (GAD)

“CHRONIC, EXAGGERATED WORRY ABOUT EVERYDAY ROUTINE LIFE EVENTS AND ACTIVITIES, LASTING AT LEAST SIX MONTHS
ALMOST ALWAYS ANTICIPATING THE WORST EVEN THOUGH THERE IS LITTLE REASON TO EXPECT IT.
ACCOMPANIED BY PHYSICAL SYMPTOMS, SUCH AS FATIGUE, TREMBLING, MUSCLE TENSION, HEADACHE, OR NAUSEA”

Mental Health America. Anxiety in Older Adults. <http://www.mentalhealthamerica.net/anxiety-older-adults>. Retrieved September 1, 2018.

SOME FACTS - GAD & OLDER ADULTS

- NOT A NORMAL PART OF AGING
- CAN INTERFERE WITH DAILY ACTIVITIES
- LEAD TO HEALTH PROBLEMS
- 3-14% OF OLDER ADULTS MEET CRITERIA FOR DIAGNOSIS
- 27% IN CARE ARE NOT DIAGNOSABLE BUT SYMPTOMS ARE SEVERE ENOUGH TO IMPACT DAILY FUNCTIONING



Mental Health America. Anxiety in Older Adults. <http://www.mentalhealthamerica.net/anxiety-older-adults>. Retrieved September 1, 2018.

GENERALIZED ANXIETY DISORDER



ACTIVITY

GAD 7 SCREENING ONLINE



- PANIC, FEAR, AND UNEASINESS
- SLEEP PROBLEMS
- NOT BEING ABLE TO STAY CALM AND STILL
- COLD, SWEATY, NUMB OR TINGLING HANDS OR FEET
- SHORTNESS OF BREATH
- HEART PALPITATIONS
- DRY MOUTH
- NAUSEA
- TENSE MUSCLES
- DIZZINESS

Web MD (2017). What are Anxiety Disorder. <https://www.webmd.com/anxiety-panic/guide/anxiety-disorder#1>. Retrieved September 1, 2018.

ANXIETY DISORDER - SYMPTOMS

ANXIETY DISORDER - SYMPTOMS

PERSISTENT NERVOUSNESS, TREMBLING, MUSCULAR TENSIONS, SWEATING, LIGHTEADEDNESS, PALPITATIONS, DIZZINESS, AND EPIGASTRIC DISCOMFORT. FEARS THAT THE PATIENT OR A RELATIVE WILL SHORTLY BECOME ILL OR HAVE AN ACCIDENT ARE OFTEN EXPRESSED


(ICD-10, 2016).

TREATMENT

- PSYCHOTHERAPY – MEDICARE PART B / INSURANCE
- MEDICATION
- YOGA, MEDITATION, MINDFULNESS EXERCISES
- EXERCISE




COGNITIVE IMPAIRMENT



COGNITIVE IMPAIRMENT

- DEMENTIA – LOSS OF COGNITIVE FUNCTIONING
 - MEMORY
 - THINKING
 - REASONING
 - BEHAVIORAL ABILITIES
- INTERFERES WITH DAILY FUNCTIONING
- NOT A NORMAL PART OF AGING
- ALZHEIMER'S DISEASE MOST COMMON CAUSE



National Institute on Aging. What Are Frontotemporal Disorders? <https://www.nia.nih.gov/health/what-are-frontotemporal-disorders>. Retrieved September 1, 2018.

COGNITIVE IMPAIRMENT - SYMPTOMS

- UNUSUAL BEHAVIORS
- EMOTIONAL PROBLEMS
- TROUBLE COMMUNICATING
- DIFFICULTY WITH WORK
- DIFFICULTY WITH WALKING.



National Institute on Aging. What Are Frontotemporal Disorders? <https://www.nia.nih.gov/health/what-are-frontotemporal-disorders>. Retrieved September 1, 2018.



SHORT PORTABLE MENTAL STATUS QUESTIONNAIRE

SPMSQ

COGNITIVE IMPAIRMENT - ACTIVITY

OTHER FACTORS TO CONSIDER

- ADJUSTMENT TO AGING
- LOSS OF INDEPENDENCE (DRIVING, PAYING BILLS)
- CHANGE IN ROUTINE
- CHANGE IN LIVING ARRANGEMENTS
- LOSS & GRIEF
- LEGACY





ENGAGEMENT & SUPPORT

- STAY INVOLVED
- BE SUPPORTIVE AND NOT DEMANDING
- RESPECT
- SELF DETERMINATION REMAINS IMPORTANT
- ALLOW AS MUCH INDEPENDENCE AS POSSIBLE INCLUDING DECISION MAKING
- PROTECT FROM ABUSE (PHYSICAL, EMOTIONAL, FINANCIAL)

THANK YOU

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- WEB MD (2017). WHAT ARE ANXIETY DISORDER. [HTTPS://WWW.WEBMD.COM/ANXIETY-PANIC/GUIDE/ANXIETY-DISORDERS#1](https://www.webmd.com/anxiety-panic/guide/anxiety-disorders#1). RETRIEVED SEPTEMBER 1, 2018.
