

# Q & A

## Late Life Depression

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Depression is a normal part of aging?

T\_\_\_ F\_\_\_

The absence of a depressed mood is common in the elderly?

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Depression screening measures diagnose depression.

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Suicide is rare in older adults?

T\_\_\_ F\_\_\_

The following are common symptoms of depression for all age groups: appetite disturbance, sleep disturbance, fatigue, restlessness, pain, constipation, loss of libido, poor concentration, poor memory, irritability, and anxiety.

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Parkinson's disease, stroke, heart disease, Alzheimer's disease, or alcohol abuse/misuse may be triggers for depression in the older person.

T\_\_\_ F\_\_\_

# Late life depression: the facts

Depression is a normal part of aging?

- (F) Late life depression is a serious but treatable medical illness which is often undetected.

The absence of a depressed mood is common in the elderly?

- (T) Often the depressed older person may not feel 'sad' about anything.

Depression screening measures diagnose depression.

- (F) Depression screening measures provide an indication of the severity of symptoms and assess the severity within a given period.

Suicide is rare in older adults?

- (F) Suicide is the most feared complication of depression in older adults. Completed acts of suicide are more common in older adults than any other age group.

The following are common symptoms of depression for all age groups: appetite disturbance, sleep disturbance, fatigue, restlessness, pain, constipation, loss of libido, poor concentration, poor memory, irritability, and anxiety.

- (F) Restlessness, poor memory, and irritability are more common in older people. Pain, constipation and anxiety are not typically presented in younger people.

Parkinson's disease, stroke, heart disease, Alzheimer's disease, or alcohol abuse/misuse may be triggers for depression in the older person.

- (T) Sometimes medical illnesses can mask the symptoms of depression which in turn can be barriers to receiving treatment.