



David York Agency

Home Healthcare

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A COMMITMENT TO EXCELLENCE IN HOME CARE



Signs & Symptoms of Depression in Older Adults & the Elderly

- ❖ Sadness that persists for 2 or more weeks
- ❖ Feelings of hopelessness or expressing helplessness
- ❖ Abandoning or losing interest in hobbies or other pleasurable pastimes
- ❖ Loss of self-worth (worries about being a burden, feelings of worthlessness, self-loathing)
- ❖ Increased use of alcohol or other drugs
- ❖ Memory or concentration problems
- ❖ Unexplained or aggravated aches and pains
- ❖ Slowed movement and speech
- ❖ Irritability or restlessness
- ❖ Fatigue
- ❖ Sleep disturbances (difficulty falling asleep, staying asleep, oversleeping, or daytime sleepiness)
- ❖ Lack of motivation and energy
- ❖ Social withdrawal and isolation (reluctance to be with friends, engage in activities and hobbies, or leave home)
- ❖ Weight loss or loss of appetite
- ❖ Neglecting personal care (skipping meals, forgetting meds, neglecting personal hygiene)
- ❖ Excessive anxiety and worries
- ❖ Fixation on death; suicidal thoughts or attempts

Source: <http://www.helpguide.org/articles/depression/depression-in-older-adults-and-the-elderly.htm>