

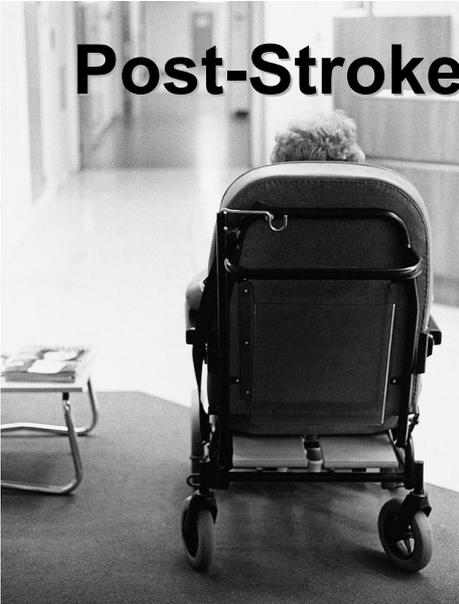
Depression: It's Not Just Down in the Dumps



Did you know...

- that an average of 25% of LTC residents have had a stroke?
- that up to half of all people who have had a stroke will experience some degree of depression?
- that other causes for depression include grief, medications, Parkinson's & Alzheimer's disease, alcohol abuse and sleep disorders.
- that depression rates are highest for seniors living in LTC Homes?

Post-Stroke



Depression



Be Aware That...

- 👁️ Residents may become depressed right after a stroke or not until years later
- 👁️ Sometimes the signs of depression are mistaken for the effects of the stroke or aging
- 👁️ The signs of depression can be overlooked when a resident has difficulty speaking or thinking
- 👁️ It's important for a doctor to decide if the resident is depressed

If a resident is thinking about death, dying, or ending their life, report this information to your Team immediately



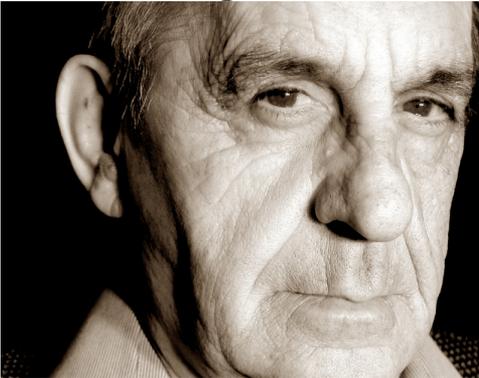


The Impact of Depression

Depression can:

- decrease energy and motivation
- increase death from stroke
- decrease thinking ability
- lead to suicidal thoughts
- decrease a resident's ability to care for and about themselves

CAUTION: Signs of Depression



- Appetite and weight changes
- Trouble sleeping or always feeling tired
- Headaches, chronic pain, digestive problems
- Memory and concentration problems

- Problems making decisions
- Feeling sad, anxious, guilty, irritable or hopeless
- Feeling worthless
- Loss of interest in everything
- Withdrawing from others
- Confusion, feeling of living in a fog

Remember! Many times, depression is not recognized or treated so it is important that you are aware of the signs of depression and share this information with the Team.



On the Road To Recovery



- ✓ The first step is to tell your Team if you notice the signs of depression.
 - ✓ The resident will need to be seen by a doctor.
 - ✓ The most common treatments are medications and counseling.
- ✓ Expect the resident to get better gradually and offer gentle encouragement. Even though activity and company are needed, too many demands can cause feelings of failure.
- ✓ Medications may take up to six weeks before you notice a change.

What You Can Do



- ✓ Talk to the resident's family and friends. Find out what they were like before the stroke or other illness
 - ✓ Find activities that make the resident feel better (exercise, music, watching videos, reading)
 - ✓ Help the resident plan and structure the day. Break large tasks into smaller ones
- ✓ Allow the resident to do as much as possible for themselves
- ✓ Always communicate with caring and hope. Be accepting. Take the time to listen and let the resident talk about how they are feeling
- ✓ If the resident is feeling pain, make sure they get treatment to help the pain
- ✓ Have regular team discussions. Learn about the resident you look after from other staff and share what you know. It can help you identify mood changes