

HOW TO RECOGNISE DEPRESSION IN SENIORS

Warning Signs

- A previously stoic individual become full of worries and physical complaints.
- Sleep disturbances – excessive sleep, poor sleep or excessive wakefulness.
- Changing appetite – usually the loss of appetite, sometimes with weight loss.
- Deteriorating memory, especially when the senior keeps complaining about it.
- Losing of interest in things the senior previously enjoys, such as losing interest in going out with friends, favourite foods or hobbies.
- Having frequent episodes of low mood or anger tantrums.
- Saying things that convey a sense of worthlessness and self-loathing.
- Saying things that infer that ‘death is better than life’.
- Expressing feeling of unfound guilt.
- Complaining about the lack of energy when there are no physical reasons to account for it.