

Mental HEALTH Matters

...Especially for Seniors

Depression isn't just a part of aging. It's a serious condition that often goes undiagnosed in seniors. While sadness is a common symptom, depression in older adults can look different, showing up as fatigue, withdrawal, confusion, or even physical pain.

Would You Recognize the Signs?



- ▶ Loss of interest in favorite activities.
- ▶ Increased forgetfulness or confusion.
- ▶ Changes in sleep or appetite.
- ▶ Unexplained aches and pains.
- ▶ Social withdrawal or irritability.
- ▶ Expressing feelings of hopelessness.

Home Care: A Lifeline for Isolated Seniors

Home care can reignite joy, encourage engagement, and provide daily support for seniors battling depression. Through companionship, routine-building, and hands-on care, professional caregivers can turn things around.

- ◆ Daily interaction & emotional support
- ◆ Encouragement to stay active & social
- ◆ Help with medications & self-care
- ◆ Relief for overwhelmed family caregivers



See the Signs? Take Action!

Healthcare providers are in a unique position to help. If you see a senior struggling, don't wait.

A referral to home care could change a life!



Assisting Hands®
Home Care

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Serving South Orange County

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