



Senior Support Services

The risk for depression in Senior Adults is 4 times greater than the general population.

Contributors

With aging comes changes in lifestyle, life events and many times other health complications. These experiences may contribute to depression in senior adults. Some examples include:

- Transitioning from work to retirement
- Chronic medical conditions
- Living alone, isolation
- Fear of death
- Substance abuse
- Death of friends and loved ones
- Limited mobility
- Financial hardships
- Losing freedom to travel at will

Signs and Symptoms of emotional distress may include:



- Anxiety
- Apathy
- Crying spells/sadness
- Confused thoughts
- Change in eating/sleeping patterns
- Disorientation, failing memory
- Low self-esteem
- Unresolved grief
- Irritability
- Social isolation

If you or a loved one is experiencing any of these please call to receive a free, confidential behavioral health assessment.

Call 620-896-7324 x428

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