



Health & Wellness

Mental Health

Industry Snapshot

Overview:

Today, mental illness is soaring among older adults. Cognitive impairment includes dementia and Alzheimer's Disease. Currently close to 5 million adults over the age of 65 have Alzheimer's Disease.

Most often however, many seniors suffer from depression. Currently in the senior population close to 80% who suffer go undiagnosed.

As a senior begins to lose their faculties, loved ones around them, and their world begins to change, anxiety is a common reaction which causes emotional stress. Anxiety disorders encompass a range of issues, from obsessive-compulsive disorder, hoarding behaviors to post-traumatic stress disorder (PTSD). .

Specialization:

Geriatric Mental Health Professionals can usually be found through referral from a doctor, and seeking one out, if referred, can be covered by Medicare. There are several triggers that cause the escalation of mental illness:

- ✓ Physical disability
- ✓ Long-term illness (e.g., heart disease or cancer)
- ✓ Dementia-causing illness (e.g. Alzheimer's disease)
- ✓ Physical illnesses that can affect thought, memory, and emotion (e.g. thyroid or adrenal disease)
- ✓ Change of environment, like moving into assisted living
- ✓ Illness or loss of a loved one
- ✓ Medication interactions
- ✓ Alcohol or substance abuse
- ✓ Poor diet or malnutrition



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Respite Care Provider Selection

Preparation:

Seek out a mental professional if you notice a consistency in the below:

- ✓ Sad or depressed mood lasting longer than two weeks
- ✓ Social withdrawal; loss of interest in things that used to be enjoyable
- ✓ Unexplained fatigue, energy loss, or sleep changes
- ✓ Confusion, disorientation, problems with concentration or decision-making
- ✓ Increase or decrease in appetite; changes in weight
- ✓ Memory loss, especially recent or short-term memory problems
- ✓ Feelings of worthlessness, inappropriate guilt, helplessness; thoughts of suicide
- ✓ Physical problems that can't otherwise be explained: aches, constipation, etc.
- ✓ Changes in appearance or dress, or problems maintaining the home or yard
- ✓ Trouble handling finances or working with numbers

Make sure to seek out a mental health professional who understands and specializes in geriatrics.

Evaluation:

Professionals who specialize in Mental Health specialize in the biological, psychological, and social aspects of aging. Mental Health Professionals who are Gerontologists have a masters or doctoral degree in gerontology and/or psychology and can provide in-home counseling services to older adults. There are also support groups for people diagnosed with Alzheimer's disease. Neurologist A physician specializing

in diseases of the nervous system, such as Alzheimer's, Parkinson's, epilepsy, and stroke. A neurologist has a doctorate in medicine and has completed a residency in neurology. Neurologists may or may not have specific experience and training in diseases of the older population.

If your loved one is adjusting to Assisted Living or a major change in their lives, seek out guidance through care conferences with the healthcare professionals on staff. They can help you find the best solution to help the change go easier.



DISCOVER THE ANSWERS FOR ELDERS RADIO SHOW



1PM SATURDAYS!
820AM • AM1590

9PM SUNDAYS!
AM1590



If you or your family are navigating senior care, discover the Answers for Elders Radio Show! Learn from our many podcasts here, our live broadcast 820AM or 1590AM on Saturdays and Sundays in Western Washington, or on iHeartRadio, worldwide. Now in our third year, Answers for Elders is “the voice of senior care”, featuring content on all of the Decision Guide topics here, and even more!



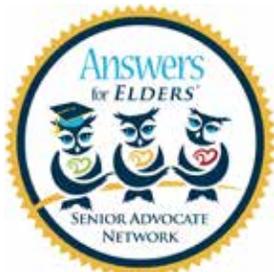
Hosted by Suzanne Newman, she intertwines her own journey as caregiving her mother. Through her real-life experience, and her passion for supporting families, caregivers, and seniors, she interviews top providers in senior care. Coming at it from a family member’s perspective, you will discover how to make later life care decisions a lot easier no matter what stage you are in. Because eldercare is interconnected, there are many moving parts and options that you may not know about. Answers for Elders and the most respected eldercare experts in the industry help you learn through their knowledge and wisdom. Each week we tackle subjects like caregiving, housing, living options, aging in place, healthcare, financial, legal questions and more.

Understanding the different options helps make later life a lot easier. It also helps you be more proactive before changes need to be made so that you can make the best decisions for you and your family members.

ABOUT THE HOST

Suzanne Perkins Newman, Founder & CEO, Former Family Caregiver
My Passion: Advocacy for Caregivers & Seniors

- Host of the Answers for Elders Radio Show!
- Founder/CEO Answers for Elders, Inc.
- Family Caregiver “Coach” • Former Family Caregiver for her own Mother
- Author of *The Advocate’s Heart: Finding Your Real Strength in Caring for Aging Loved Ones*
- 25-Year Executive in Advertising, Publishing & Digital Media



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Best news of all? It’s FREE!