

Are my older patients at higher risk of depression?

Risk factors

- socially isolated
- persistent complaints of memory difficulties
- chronic disabling illness
- major physical illness within the last 3 months
- persistent sleep difficulties
- somatic concerns or recent-onset anxiety
- refusal to eat or neglect of personal care
- recurrent or prolonged hospitalization
- diagnosis of dementia, Parkinson's disease, or stroke
- recent placement in a nursing/LTC home

If your patient is recently bereaved

- active suicidal ideation
- guilt not related to the deceased
- psychomotor retardation
- mood congruent delusions
- marked functional impairment (2 months after loss)
- reaction that seems out of proportion to the loss

Further Assessment:

A complete biopsychosocial assessment should be conducted following a positive screen for depression.

Available depression assessment tools for elderly persons without significant cognitive impairment:

• Geriatric Depression Scale (GDS) • the SELFCARE self-rating scale • the Brief Assessment Schedule Depression Cards (BASDEC)

Available depression assessment tools for elderly persons with moderate to severe cognitive impairment:

• Cornell Scale for Depression in Dementia



NICE

National Initiative for the Care of the Elderly
Initiative nationale pour le soin des personnes âgées

We care together

Ensemble pour le bien-être des aînés

CANADIAN COALITION FOR
SENIORS' MENTAL HEALTH

To promote seniors' mental health by connecting people, ideas and resources

COALITION CANADIENNE POUR LA SANTÉ
MENTALE DES PERSONNES ÂGÉES

Promouvoir la santé mentale des personnes âgées en
reliant les personnes, les idées et les ressources

