

THE STEPPED CARE MODEL TREATMENT OF DEPRESSION

for older adults

Use the least intensive effective treatment with regular reassessment and adjustment

1

LIFESTYLE CHANGES (AKA PSYCHOSOCIAL)

- Getting and staying active
- Eating and sleeping well
- Being social and getting involved

SELF HELP

- Books
- Self-guided therapy
- Online videos

2

3

COUNSELLING (AKA PSYCHOTHERAPY)

- Online or In-Person
- Psychologist, Psychotherapist, Social Worker
- Many types of therapy can be effective

MEDICINES (AKA PSYCHOPHARMACOLOGY)

- Many different types of anti-depressant medications
- Most take 4-6 weeks to be effective

4

5

TRANSCRANIAL MAGNETIC STIMULATION (AKA TMS)

- Application of magnetic signals to your brain
- You must be referred by a physician
- Fewer side effects than ECT

ELECTROCONVULSIVE THERAPY (AKA ECT)

- Application of controlled electric current to your brain
- You must be referred by a physician
- Can be effective for some people

6

7

HOSPITAL STAY

- Hospital admission is helpful in some cases
- Usually reserved for those in crisis
- Can be effective for people with severe illness

*Disponible en anglais uniquement.



CCSMH
Canadian Coalition for
Seniors' Mental Health

CCSMPA

Coalition canadienne pour la
santé mentale des personnes âgées



Financial contribution from

Public Health
Agency of Canada

Agence de la santé
publique du Canada