

THE STEPPED CARE MODEL TREATMENT OF DEPRESSION

for older adults

Use the least intensive effective treatment with regular reassessment and adjustment

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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

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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

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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

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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



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