



# HOW MENTAL HEALTH THERAPY CAN SUPPORT INDEPENDENCE FOR OLDER ADULTS



Staying independent is important for many older adults. Being able to make decisions, maintain routines, and enjoy favorite activities can greatly improve overall quality of life. But changes in mood, motivation, and mental health can sometimes make daily tasks feel more challenging. The good news is that mental health therapy can play a powerful role in helping older adults stay confident, capable, and connected.

## Why Mental Health Matters for Independence

Emotional well-being affects every part of life. When someone is dealing with depression, anxiety, or increased stress, things like cooking meals, managing medications, leaving the house, or spending time with others may become difficult. Therapy helps individuals learn skills to manage these challenges and maintain the routines that keep them independent.

Common mental health challenges later in life may include:

- Feeling lonely or isolated
- Grieving losses or major life changes
- Increased worry or fear about health or safety
- Loss of interest in activities once enjoyed
- Trouble concentrating or making decisions



**THERAPY GIVES OLDER ADULTS A SAFE PLACE TO TALK ABOUT THESE CONCERNs AND FIND WAYS TO MOVE FORWARD WITH MORE STRENGTH AND CLARITY.**

## How Therapy Supports Daily Living

Therapists who specialize in older-adult care focus on practical tools and emotional support. Through regular sessions, participants may:

**Learn healthy coping skills to manage stress**

**Improve confidence in social settings**

**Strengthen problem-solving and communication skills**

**Build routines that support energy and motivation**

**Address symptoms that make daily tasks more difficult**

Even small improvements can make a big difference: enjoying a hobby again, reconnecting with friends, or feeling more comfortable in everyday decisions.

## Support for Families and Caregivers

Caregivers also benefit from therapy services. They can learn better ways to support their loved one without taking away independence. Therapy encourages open communication and helps families understand what their loved one is going through.

## Independence with Community Support

Asking for help is a sign of strength. When older adults have the right support, they can stay active and engaged in their communities longer. Checking in with an older friend, family member, or neighbor can go a long way.



Our program is here to walk alongside older adults as they rediscover joy, confidence, and purpose in daily life. If you or someone you care about could use a little extra support, reach out to learn how our program can help.

**Our seniors deserve to feel strong, hopeful, and in control of their lives.**

Let's take those next steps together.

## **WE CAN HELP.**

Our hospital-based outpatient program is designed to meet the unique needs of older adults experiencing depression and/or anxiety related to life changes that are often associated with aging or a chronic diagnosis. Anyone can make a referral to our program, including self-referrals, provider referrals, or community consultations.

**Call us today at**