

EMOTIONAL CHANGES AFTER 65 YOU SHOULDN'T IGNORE



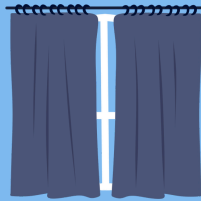
LIFE CHANGES OPEN THE DOOR TO MENTAL HEALTH CHALLENGES

Major transitions, including retirement, bereavement, and new medical diagnoses can affect emotional well-being. Changes in mood, behavior, daily routines or functioning deserve closer attention.

START A RESPECTFUL CONVERSATION

Use specific observations and open-ended questions, like:

- "How have you been sleeping?"
- "What activities still feel enjoyable?"
- "What has felt hardest to manage lately?"
- "Who do you talk with when you are having a difficult day?"



WITHDRAWAL FROM
PEOPLE OR
ACTIVITIES



PERSISTENT WORRY,
AGITATION, OR
IRRITABILITY



CHANGES IN SLEEP,
APPETITE, OR
ENERGY



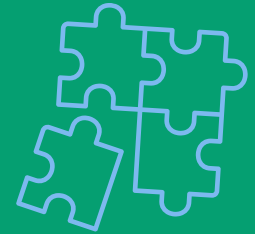
DECLINE IN DAILY
FUNCTIONING



STATEMENTS ABOUT
HOPELESSNESS,
BURDENSOMENESS,
OR DEATH

CONSIDER THE PATTERN, DURATION, AND IMPACT

One symptom rarely tells the full story. A useful assessment begins with what has changed, how long it has been present and how it affects daily life.



Depression is a treatable health condition, and age should never be used to explain away persistent symptoms. Its presentation can vary.

Sources:
National Institute on Aging
SAMSHA
CDC