

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.
Details for this assessment are listed on the reverse.*

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

