



Depression in Older Adults

Depression is a constant feeling of sadness and loss of interest, which stops you from doing your normal activities.

The symptoms are present for at least two weeks, and may include:

- Sad or down mood
- Lack of pleasure in activities
- Feelings of worthlessness
- Excessive or inappropriate guilt
- Increased fatigue
- Slowed thinking, speaking, moving
- Change in appetite or sleep patterns
- Difficulty with concentration
- Thoughts of death or suicide



AR Connect

Free virtual mental healthcare services
Call 501-526-3563 or 800-482-9921.
Accessible 24/7

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Donald W. Reynolds
Institute on Aging

Arkansas Geriatric Education Collaborative

Is it Depression or Dementia?

Depression	Dementia
Generally aware of date, time & place	May not remember date, time or place
Memory fluctuates with mood	Memory loss is slow & worsens over time
Sadness often develops after a significant life event	Can have sadness for short periods
Notices & worries about changes in their thinking	Often not aware of thinking difficulties
Able to perform tasks, but not interested	Cannot perform certain tasks when asked
Speech may be slow, but otherwise normal	Forgets or switches names of common objects

If you are concerned about either of these conditions, reach out to your health care provider for a referral to a specialist, psychiatrist, or neuropsychologist to have your symptoms further evaluated.

Connect with us

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