



*Sedgwick County...
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SEDGWICK COUNTY, KANSAS
COMMUNICATIONS

NEWS

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FOR IMMEDIATE RELEASE

Program to be Held in Recognition of National Depression Screening Day

(Sedgwick County, Kansas) – The Sedgwick County Department on Aging and the Aging and Mental Wellness Coalition of Sedgwick County will offer a free education and screening program October 9 – 10. The program will take place on October 9 at the Sedgwick Plaza, 2455 N. Woodlawn, from 10 a.m. – noon and on October 10 at Via Christi Hope, 935 S. Glendale, from 10 a.m. – noon. This informational presentation will provide older adults and the general public information about Depression and Later Life. This program is being provided to promote National Depression Screening Day and depression awareness among older adults, their families, and loved ones.

Clinical Depression affects an estimated 25 percent of all adults over age 65. Despite its prevalence among older adults, depression is not a normal part of aging. Although older adults may experience a variety of losses in later life, including changes in health status or loss of a loved one, the majority of seniors cope with these losses without becoming clinically depressed. If a depressed mood lingers for a long period of time, it may be clinical depression. Depression in older adults often goes overlooked and untreated. The symptoms of depression can often be missed if they coincide with other medical conditions of later life.

Depression can be deadly. Older adults are considered the group most at risk for suicide. According to the American Society on Aging, the suicide rate in older adults is more than 50% higher than the rate among young people and the nation as a whole. Up to two-thirds of the older adult suicides are attributed to depression that went untreated or misdiagnosed.

Learn to Recognize the Signs and Symptoms of Depression

- Feeling sad or irritable throughout the day
- Loss of interest or pleasure in activities once enjoyed
- Change in weight or appetite
- Changes in normal sleep patterns (difficulty falling asleep, interrupted sleep, early morning awakening or increase in sleep)
- Fatigue or loss of energy
- Feeling worthless, hopeless or unreasonably guilty
- Inability to concentrate, remember things or make decisions
- Restlessness or decreased activity
- Complaints of physical aches and pains for which no medical causes can be found
- Recurrent thoughts of suicide or death (not just fear of dying)

For more information about these National Depression Screening Day events or for information on Services for older adults contact Sedgwick County Department on Aging at 660-7298 or visit the Sedgwick County website at www.sedgwickcounty.org.

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