



*Sedgwick County...
working for you*

SEDGWICK COUNTY, KANSAS
COMMUNICATIONS

NEWS

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FOR IMMEDIATE RELEASE

COMCARE of Sedgwick County Reaches Out to Senior Citizens

(Sedgwick County, Kansas) – Depression is a serious, but treatable illness. It affects people of all ages, but is common among older people. However, it is not a normal part of aging.

In older people, depression is often tricky to recognize. As a person ages, signs of depression may be dismissed as crankiness or moods of "old age." Confusion or attention problems caused by depression can mimic symptoms of Alzheimer's disease or other disorders. Further, symptoms of depression are sometimes the result of side effects of drugs commonly taken by older patients.

It is normal, of course, to feel depressed when a loved one or friend dies, being unsure about what to do in retirement, or coping with chronic illness, but when a person is clinically depressed, his or her ability to function mentally and physically is affected for prolonged periods.

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The most common signs of depression are:

- A feeling of emptiness
- An inability to find joy you once felt doing favorite activities or visiting with your friend
- A loss of appetite
- Weight loss or gain
- Problems sleeping
- Difficulty focusing
- Feelings of hopelessness
- Irritability
- Aches and pains that won't go away
- Finding yourself crying a lot

COMCARE of Sedgwick County reaches out to senior citizens who may be experiencing symptoms of depression. The Crisis Assessment Program for Seniors (CAPS) serves seniors age 60 and older, residents of Sedgwick County and who may have mental health concerns. The CAPS program offers an in-home assessment and follow up visits, a thorough evaluation for suicidal risk, referrals to appropriate community services and 24 hour access to the program. The Crisis Assessment Program for Seniors is available at no charge to Sedgwick County residents. Talk to someone today! The Crisis Assessment Program for Seniors can be reached at 660-7500.

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