

residents are depressed, especially those living with a serious medical condition, like cancer or heart disease.



Unfortunately, depression goes under-diagnosed and under-treated in older Americans and this can seriously affect the worth of their life and their overall functioning. If ignored long enough, or, if the severity increases, depression could lead to suicide. In fact, America’s older population is responsible for 25% of completed suicides. There are complicating factors, which may mask signs of depression in the elderly. Factors that prohibit caregivers from recognizing the disorder or realizing their loved-one may need help. They may be:

Side effects from certain prescription medications can resemble symptoms of depression. In this case, caregivers may not realize their loved-one is depressed, but only displaying signs of drug side effects. Cardiovascular disease medication and hormones are among some of the drugs, which may cause a person to have side effects that are similar to symptoms of depression.

Depressive symptoms sometimes include mental cloudiness or confusion. These symptoms can parallel the normal aging process as many people have come to expect the elderly to have some cognitive deterioration. The quandary is that normal aging may be blamed for the mental confusion and not depression. The loss of friends and loved ones is a common occurrence of aging, which may cause much despair.

Depressive symptoms include feelings of hopelessness and sadness. These symptoms could be blamed on a recent loss to your loved one, and not on depression. Chronic medical conditions such as Alzheimer’s or Parkinson’s disease may cause your loved one to experience a loss of appetite, sleep impairment, self-pity and lethargy. These symptoms are also encased in symptoms of depression.

The dilemma in this case is whether to target your loved-one’s illness for the depressive symptoms or depression itself. Real problems could develop if caregivers assume that depressive symptoms are causal of another underlying problem. To be safe, have your loved one’s doctor evaluate his or her condition


*by Jennifer Buckley from “Today’s Caregiver”*



**SRC Mission**

The Senior Resource Center, Inc. is a 501 (c) (3) volunteer organization designed to help older, rural residents remain safely in their homes by providing in-home and community services; to furnish a gathering place for local seniors for socialization and education. It is a collaborative effort with the City of Virginia Beach.

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| <p style="text-align: center;"><b>Responsibility and Oversight</b></p> <p><b>President</b><br/>Johnnie Williams 470-7186</p> <p><b>Councilwoman</b><br/>Barbara Henley 426-7501</p> <p><b>City Liaison</b><br/>Shari Wilson<br/>385-2175, Tue &amp; Fri</p> | <p style="text-align: center;"><b>Hours of Operation</b></p> <p>Monday – Friday, 9:00 AM - 4:00 PM</p> <p>During Inclement Weather the SRC operates on the local School Schedule</p> |
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Anne Bright 426-7832

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