

CJE LifeNOTES

Tips on healthy, empowered and enriched living from CJE SeniorLife

***“I’ve been feeling really down.
Could this be depression?”***



How to decide when to get help with mental health conditions

If you are concerned about your feelings or those of someone you love,

You are not alone

Millions of Americans age 65 and older suffer from depression.



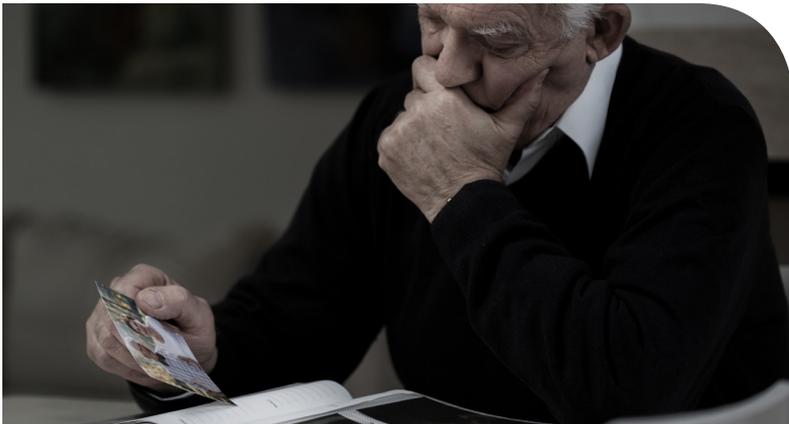
Where to Start

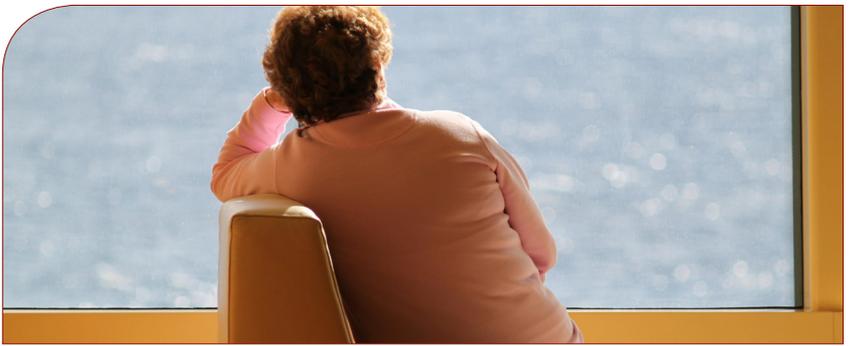
Depression is common at every age. Older adults managing chronic health conditions, loss of a spouse or partner, retirement, financial changes, caregiving, moving or countless other challenges are at risk of depression.

Signs and symptoms of depression may include:

- Irritability or getting easily frustrated
- Feeling sad, empty or hopeless
- Difficulty making decisions
- Feelings of guilt or worthlessness
- Changes in appetite or sleep
- Loss of interest in activities that are usually enjoyed
- Isolation
- Difficulty concentrating
- Frequent thoughts of dying or suicidal thoughts
- Increased use of drugs and alcohol

If you recognize these symptoms in yourself, please know that you are not alone, and there are people who want to help you feel better. When these symptoms are ongoing, or interfering with daily life, it may be time to reach out for help.





If you recognize these symptoms in a friend or relative, it is not always easy to know how to be most supportive. Here are some simple guidelines.

Do Say:

- I'm here for you.
- You are not alone in this.
- You are important to me.
- I won't assume I can understand what you're feeling, but I do care and want to be here for you.
- Can I help you find a professional to talk to?
- This is not your fault.
- If you don't feel like going out, would you like it if I came over?
- What can I do for you?

Don't Say:

- This is just part of getting older.
- No one ever said life was fair.
- Stop feeling sorry for yourself.
- Snap out of it.
- You just need a more positive attitude.
- It could be worse.
- You don't look depressed.
- Just get over it.
- Things aren't that bad.

Depression may present itself differently in every person. If you experience any of these depressive symptoms, it is a good idea to talk to your healthcare provider or a mental health professional.

How can CJE SeniorLife help?

We can refer you to the following CJE Senior Life supportive resources:

Counseling Services—Our highly-skilled Licensed Clinical Social Workers are specialists in the field of mental health services for seniors. We offer individual, family and group psychotherapy, as well as support groups.

CJE Care Management—We make assessments, develop Care Plans and refer clients to free and low-cost services. Must meet financial eligibility.

Your Eldercare Consultants—We develop Care Plans, coordinate care, guide families and find practical resources that support independence. Services are fee-based.

Consumer Assistance—We are resource specialists available to help you identify and apply for the broadest possible range of benefits and support services available to older adults.

Community Engagement—We provide education—geared toward your unique group—on well-being, emergency planning, physical, mental and financial health and many other subject areas.

Other Resources:

No Shame On U—provides education, support and classes such as Mental Health First Aid, Anxiety Workshops, Documentary Screenings, and distribution of life-saving resources. No Shame On U is dedicated to eliminating the stigma associated with mental health conditions and raising awareness in the Jewish community and beyond. www.NoShameOnU.org

To find out more about our many services and programs, Call CJE SeniorLife at 773.508.1000.

THE CJE ADVANTAGE: Our broad continuum of care offers people of all ages, faiths and incomes access to life-enriching opportunities, resources and healthcare. Our Jewish values make us the provider of choice for enhancing lives and navigating the positive aging process.

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CJE SeniorLife® is a partner with the Jewish United Fund in serving our community.

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