



# COMMUNITY EDUCATION

## A DAY IN THE LIFE: IOP THERAPY PATIENT

**Symptoms of depression and anxiety often go unnoticed or overlooked.** Even the person experiencing these feelings may think this is a normal part of aging. In fact, according to a recent study by *Mental Health America*, about 58% of people aged 65 and older believe it is "normal" for people to get depressed as they grow older. We want older adults to know there are ways to restore their quality of life.

**To help identify patients who may benefit from our program, we encourage you to:**

### LOOK FOR OLDER ADULTS WHO:

- Are caregivers
- Are isolated, living alone, or disconnected from family, friends, and community
- Have chronic health conditions
- Live in closed living facilities
- Recently received a new health diagnosis



### OLDER ADULTS WHO DISPLAY/REPORT ANY OF THESE SYMPTOMS MAY ALSO BE AT RISK

- Aches or pains, headaches, cramps, or digestive problems without a clear physical cause or that do not ease with treatment
- Decreased energy
- Difficulty concentrating, remembering, and making decisions
- Difficulty sleeping, early-morning awakening, or oversleeping
- Eating more or less than usual, usually with unplanned weight gain or loss
- Expressed fear, anxiety, sadness, anger, or confusion
- Failing to keep routine appointments
- Feelings of hopelessness, guilt, worthlessness, or helplessness
- Fear of leaving the house
- Frequent crying
- Irritability, restlessness, or having trouble sitting still
- Loss of interest in once pleasurable activities, including sex



Fayette Medical Center

**Our program is an intensive outpatient therapy program** designed to meet the unique needs of individuals typically 65 and older experiencing depression and/or anxiety related to life changes that are often associated with aging.

**Anyone can make a referral to our program**, including self-referrals, primary care physicians, specialists, family members, friends, community groups, and nursing or residential facilities.

**We are dedicated to improving the quality of life** for the patients we serve. If you would like more information, education, or would like to discuss support for yourself or a loved one, **please call us at 740-333-2226**