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Depression

Sound familiar?

Mrs. Kingsley answers every “good morning” with “what’s good about it?”

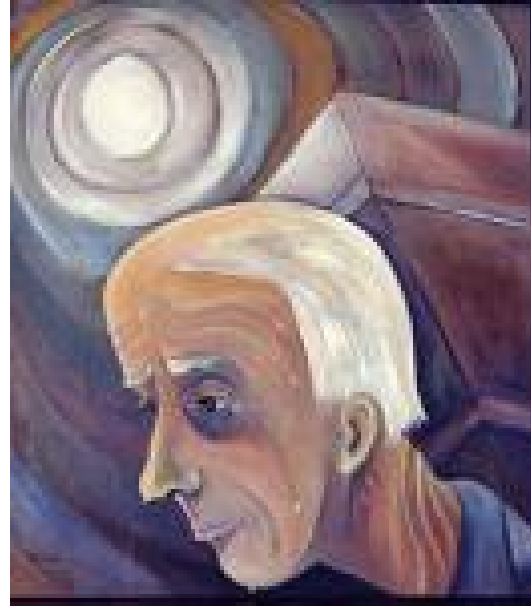
Mr. Jeffries asks if you would please just bring everything to him because he doesn’t have the energy to move.

Mrs. Wilson never wants to go to the events or activities.

Goals of Training

- What is depression?
- How is depression assessed?
- How common is depression?
- What are the impacts of depression?
- What are the causes of depression?
- What can YOU do to be helpful to persons living with depression?

What is depression?



What is Depression?

- Feeling blue or low mood
- Loss of interest and pleasure

PLUS

- Sleep problems
- Guilt
- Energy lost
- Concentration problems
- Appetite poor
- Psychomotor slowing
- Suicidality

What does depression look like?

Loss of interest



- I don't want to go
- Just let me eat in my room
- I used to like to do that, but not any more

What does depression look like?

Guilt



- I'm just a burden to everyone
- I'm not good for anything any more

What does depression look like?

Loss of energy

Poor concentration

- Lack of effort in dressing, bathing, hair care
- Resistance to engaging in activities



What does depression look like?

Suicidality



- I just wish I could pass on.
- I'll never feel better.
- What's the point in going on?
- I might as well be dead.

What does depression look like?

- Weeping frequently
- Hopeless about the future
- Bitterness and resentment dominates life
- Anger and irritable with helpers



IN THE ABSENCE OF COGNITIVE IMPAIRMENTS,

- Constant attention to pain and health problems that are actually being handled well
- Social withdrawal

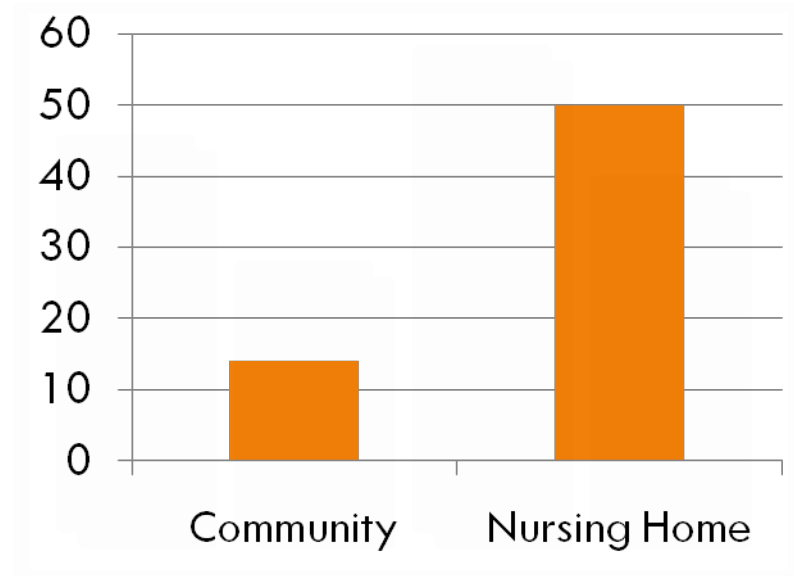
How many older adults are depressed?

□ **Community**

1 in every 8

□ **Nursing homes**

1 in every 2



Comparison across lifespan?

- Clinical rates lower in old than young
- Subclinical rates extremely high in old
- Suicide rates highest in elders
 - Predictors: men, live alone
 - 75% saw physician in past month – they reach out but do not tell all
 - Asking about loss of hope or suicidal thoughts does NOT prompt suicidal behavior



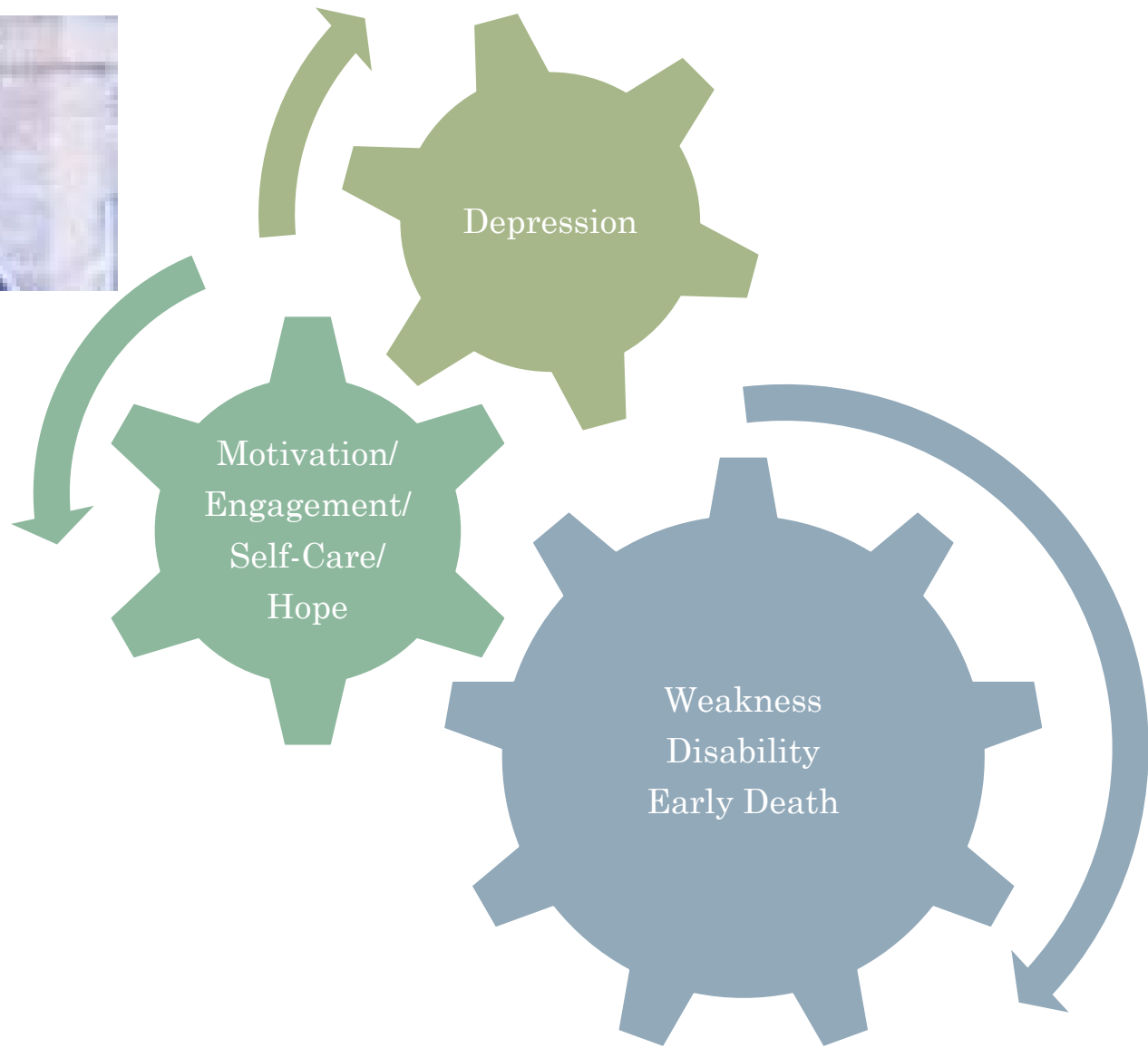
What are the effects
of depression?

Depression impacts...

- Early death
- Increased physical disability
- Lower quality of life
- Poorer relations with others/ e.g. aggression, irritability, lack of joy

So diagnosis and treatment is **IMPORTANT**.





Depression
reduces the
characteristics
that helpers rely
on ...

- Motivation
- Belief in abilities
- Connection with others
- Hope
- Trust in the world



How is depression diagnosed?

Depression Types

- ✓Major depression
- ✓Minor depression
- ✓Bipolar Disorder
- ✓Schizoaffective Disorder
- ✓Depression – not otherwise specified

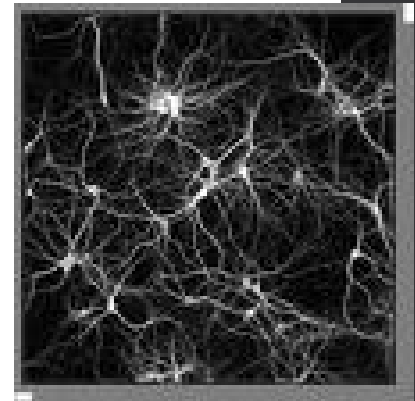
- Professionals gather information from resident, chart, staff
- They identify symptoms, how long each has been present, and how symptoms are affecting daily functioning
- The symptom picture is compared with criteria for diagnosing specific types of depression



What causes depression?

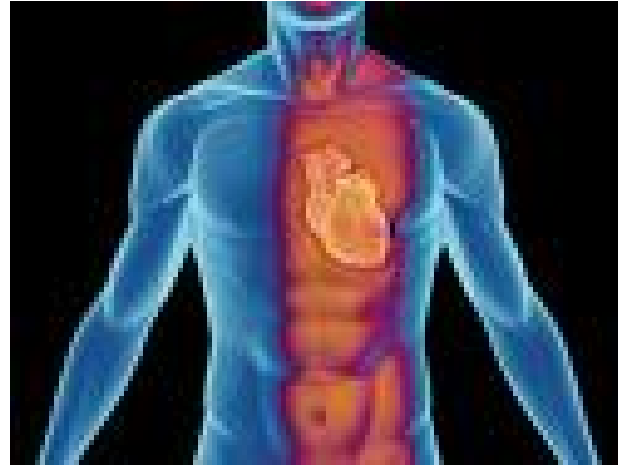
Cause #1: The brain loses chemicals it needs to maintain positive mood

- The brain cells use chemicals to communicate with each other
- Depression occurs when some chemicals are too low in quantity [Serotonin, Dopamine, Norepinephrine]
- Medications increase those chemicals
 - Ex. Prozac, Paxil, Zoloft

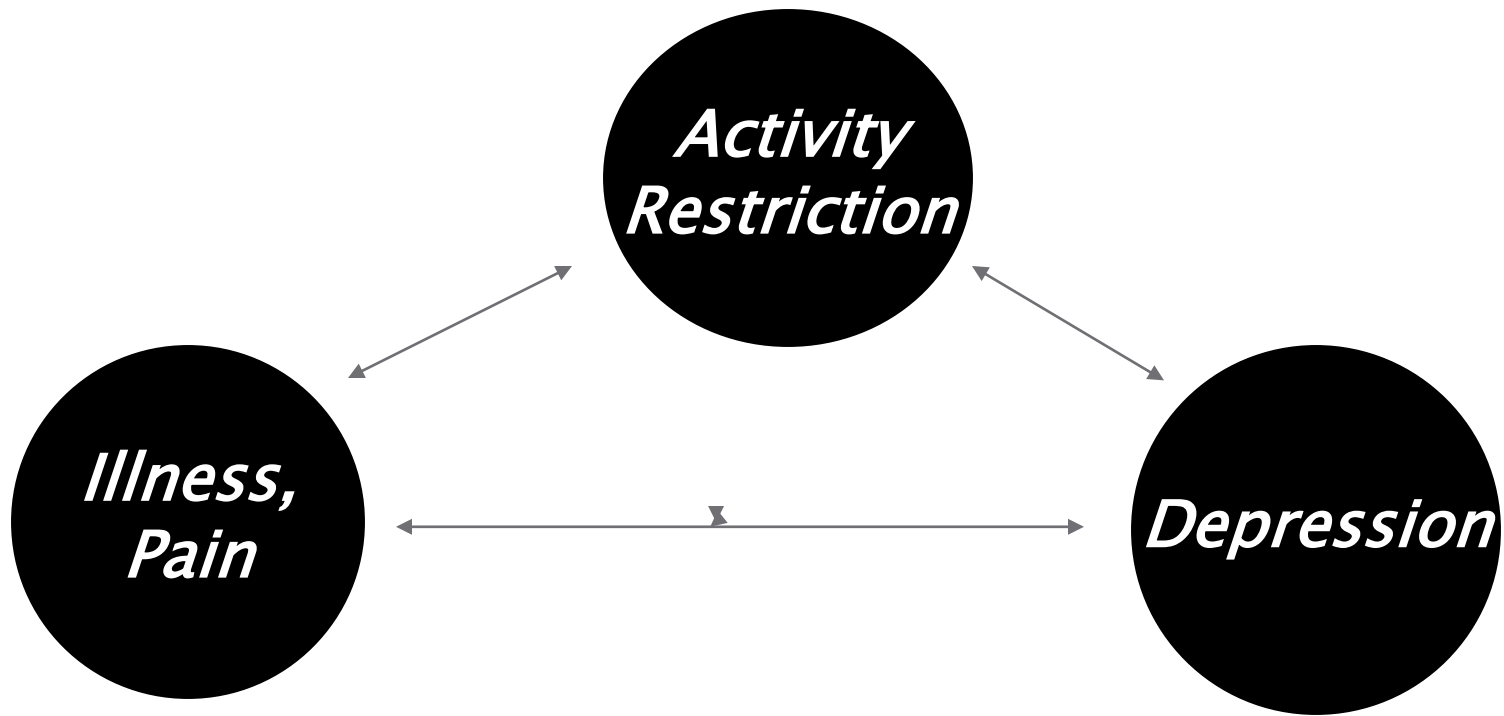


Cause #2- Other body changes affect brain

- Diabetes (sugar)
- High blood pressure
- Overweight
- High cholesterol
- Heart disease



CAUSE # 3— PAIN AND OTHER FACTORS DECREASE MEANINGFUL ACTIVITY



Cause # 4: Too few positives and too many negatives



We need a balance of positives and negatives in our lives.

- Everyone needs pleasant events to stay happy
- We can only handle a few big negatives events or constant hassels.

Illness and disability often upsets that balance

Cause #5 - Loss/Grief



Is it normal to be depressed for a year or two after the death of a loved one?

No.

The symptoms of grief are powerful, and similar to depression. Within a year of a loss, grief typically only comes in waves with periods of feeling good in between.

Be aware: Depression can make grief worse!

Cause #6: Stress from life changes

Stressful life changes are associated with late life depression:

- ✓ Death of loved ones
- ✓ Serious injury to self or others
- ✓ Barrier to getting medical treatment
- ✓ Marital problems
- ✓ Being a victim of a violent crime
- ✓ Not having enough money

Summary of Causes

1. Brain chemicals that maintain mood are depleted
2. Other changes in brain matter also affect mood
3. Illness and disability decrease meaningful activity
4. Balance of positive and negative events shifts toward negative
5. Loss and grief
6. Stress from life changes

CAUSES

- ▶ Brain chemicals decrease
- ▶ Other body changes
- ▶ Illness and disability decrease activity
- ▶ Imbalance of positives and negatives
- ▶ Grief
- ▶ Stress from life changes

TREATMENTS

- Medications
- Medical treatment
- Behavioral Therapy
- Behavioral Activation
- Psychotherapy for “stuck” grief
- Psychotherapy for stress management

In sum, depression is a complicated syndrome

- Multiple Symptoms
- Multiple Causes
- Multiple Treatments

Good news: Treatments are effective

- Several treatments work:
 - Medications – restore chemicals
 - Behavior therapy – increase positives, decrease negatives
 - Cognitive therapy – reduces distorted thinking
 - Psychotherapy – assists with stress and grief

Fact: Treatment is as effective with older people as with young!

Bad news: Many people are not treated appropriately

- Barriers to treatment
 - Depression often is not recognized
 - No assessment is made
 - No referral is made for treatment
 - Knowledgeable mental health professionals are not available
 - LTC staff do not know how to help

ACT!!!!!!

A Ask about mood



C Connect with Respect

T Tell a supervisor



Ask about mood



- Why ask?
 - Listening lets someone feel heard and respected
 - Mood information tells us how to help - The better a person feels emotionally the better they can function and recover from illness. The opposite is also true. A person who is feeling downhearted has a more difficult time getting better.

Fact: Asking about mood does not make someone depressed

ASK

2 good questions:

- In past 2 weeks, have you felt down or depressed?
- In past 2 weeks, have you been less interested in activities that would normally interest you?

Connect with respect

- Positive connections are important
- Talk while you provide services
- How to talk?
 - Eye contact from a face to face level
 - Respectful tone of voice and language
 - Show concern and empathy

ACT!!!!

A Ask about mood

C Connect with respect

T Tell a supervisor

ACT: Change your approach



Depression can wear you out unless you change your approach.



What is it like to work with a depressed person?

Thoughts



Behaviors?



Feelings?



Depression reduces the characteristics that helpers rely on ...

Motivation

Belief in abilities

Connection with others

Hope

Trust in the world



Depression creates **NEGATIVE** views of...

Self

I'm bad (a burden, useless)
My body is worthless
I have no way to be useful
People don't like me

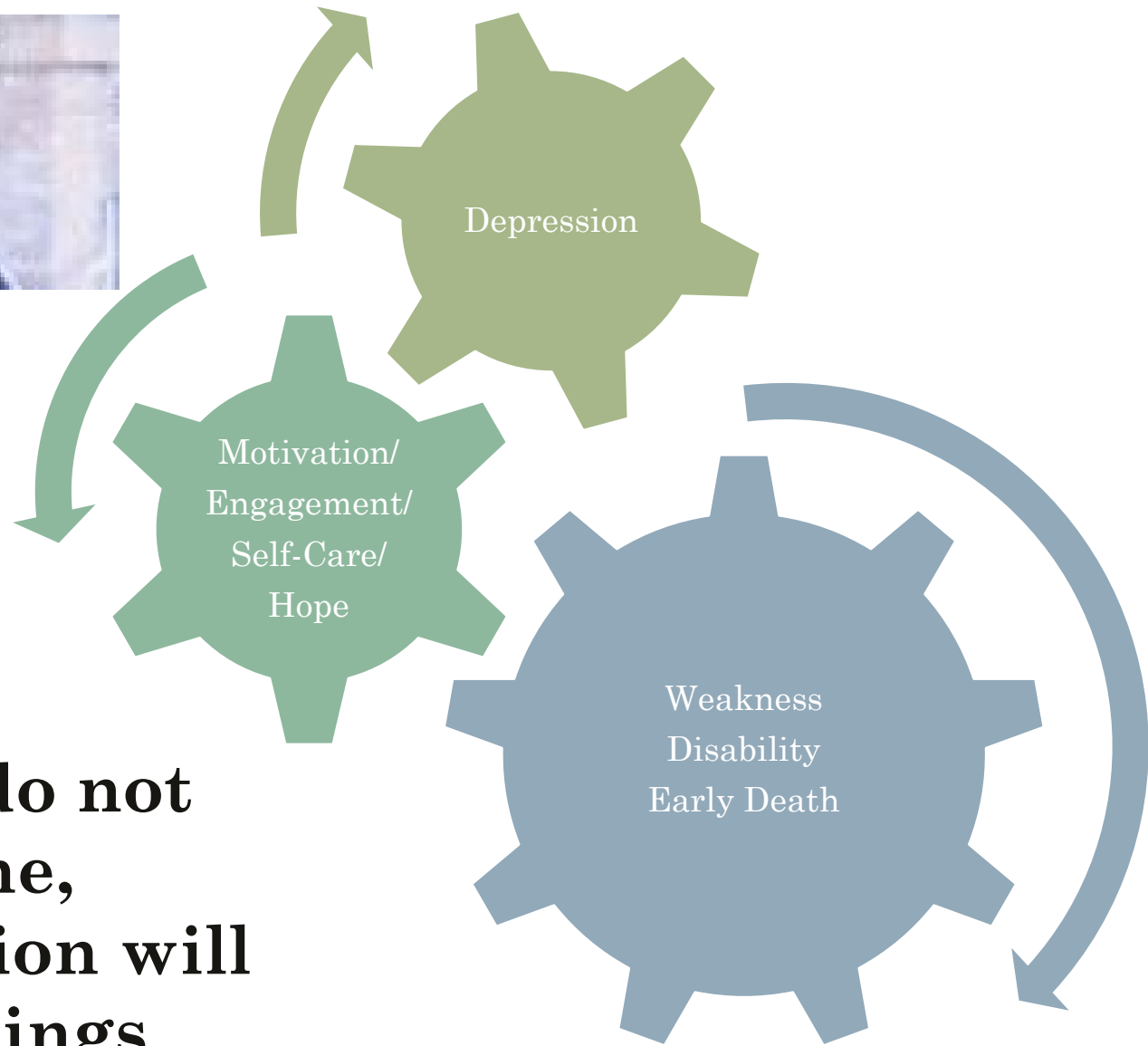
Aging is hell.
People just don't care.
War, disasters, and poverty
are everywhere.



I will never be any better.
The future is bleak.
This country is going in the
wrong direction.

World

Future



□ If we do not intervene, depression will make things MUCH worse!

I AUTOMATICALLY WANT
TO....

- Avoid
- Cheer up
- Push to be more active
- Make her see things differently

BETTER OUTCOMES HAPPEN
WHEN I...

- Engage
- Affirm positive realistic self, world, and future
- Work toward smallest possible activity
- Provide feedback she can see to measure progress

What works?

Affirm positive, realistic views of self, world, and future



- Look the person in the eye, listen and respond with empathy – her experience is real
- Respect how the depressed person feels, thinks, and behaves
- Don't judge – this is not a bad person, just a bad depression

Offer genuine compliments

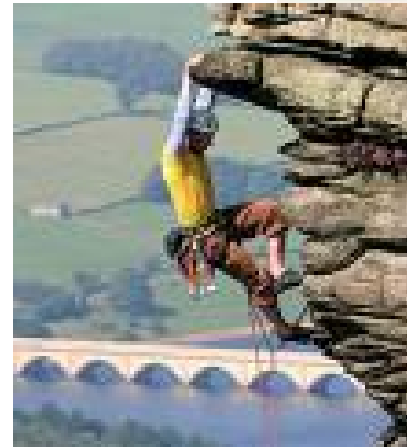
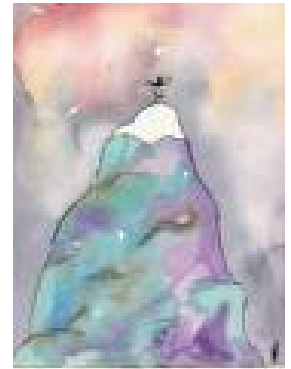


- Find a small (tiny?) positive action to compliment genuinely
- Appreciate some aspect of appearance or behavior
- Share how much you appreciate the chance to know her
- Listen to something important in her past
- Comment on even small efforts

Check your expectations

- Are expectations realistic for a depressed person?
- Have your expectations crept up unrealistically?

[hint: are you frustrated?]



Encourage person to commit to change



- Offer the goal as a choice
 - Mrs Jones, you deserve to live a happier life. I wonder if you would consider talking with someone about your situation?
- State your confidence
 - I believe you can feel better if we work together to get you some help.
- Offer to go slow
 - How about if you talk with your doctor? Friend? Family member?
- Ask for commitment
 - Will you promise to talk with someone?

Behavioral activation: your contribution to depression treatment

- Put fun into your interactions with resident
- Find out the resident's idea of fun things (reading, singing, special music, aromas, mini massage)
- Does not require a big time investment to integrate into treatment



Prevention is important

- Stay heart healthy – diet, exercise, stress management
- Increase rate of positive behaviors
- Keep positive outlook on life
- Exercise choices in your life



Working with depressed persons requires us to engage in GREAT self-care