

Evidence-Based Health Promotion for Older Adults:
Competencies, Content, and Curricula
Interactive Session: Management of Depression – Resources

I. Overview

According to the National Alliance on Mental Illness (NAMI), depression is widespread in over 6.5 million Americans age 65 and over. The diagnosis of depression is dependent on multiple factors (i.e. psychological, biological, genetic, and environmental), and its onset is not restricted to any given age demographic. However, its prevalence is two times greater in women than men, due to such factors as hormonal changes and their roles as caregivers. Individuals who lack a supportive social network are also more susceptible to depression, as are those who have suffered major health conditions (i.e heart attack). Treatment for depression in older adults is rarely sought due to its crosscutting symptoms with other illnesses such as dementia. Additionally, many often view symptoms of depression as a normal progression of the aging process, which ultimately acts as a barrier to consideration of depression as a serious mental illness.

II. Assessment

- A. Brink, T. L., Yesavage, J. A., Lum, O., Heersema, P. H., Adey, M., & Rose, T. L. (1982). Screening tests for geriatric depression. *Clinical Gerontologist*, 1(1), 37-43. <http://www.healthandage.com/Home/gm=4!gk=130>
- B. Kurlowicz, L., & Greenberg, S. A. (2007). The Geriatric Depression Scale (GDS) – PDF. <http://www.hartfordign.org/publications/trythis/issue04.pdf>
- C. Penninx, B. W. J. H., Guralnik, J. M., Ferrucci, L., Simonsick, E. M., Deeg, D. J. H., & Wallace, R. B. (1998). Depressive symptoms and physical decline in community-dwelling older persons. *JAMA*, 279(21), 1720-1726. PDF. <http://jama.ama-assn.org/cgi/reprint/279/21/1720>
- D. Resource Centers for Minority Aging Research (RCMAR): Depression Assessment Tools. <http://www.musc.edu/dfm/RCMAR/DepressionTools.html>

III. Evidence-Based Programs

- A. Healthy IDEAS: Evidence-Based Disease Self-Management for Depression. Center for Healthy Aging. (PDF). http://www.healthyagingprograms.org/resources/HealthyIdeas_brochure_010208.pdf
 - i. Healthy IDEAS: Replication Report. *Care for Elders*. (PDF). <http://careforelders.org/files/DDF/ReplicationReport%5FHealthyIDEAS.pdf>
 - ii. Quijano, L. M., Stanley, M. A., Petersen, N. J., Casado, B. L., Steinberg, E. H., Cully, J. W., & Wilson, N. L. (2007). Healthy IDEAS: A depression intervention delivered by community-based case managers serving older adults. *The Journal of Applied Gerontology*, 26, 139-156. PDF. <http://jag.sagepub.com/cgi/reprint/26/2/139>

- B. PEARLS: Program for Encouraging Active Rewarding Lives for Seniors
http://www.healthyagingprograms.com/resources/PEARLS_brochure.pdf
- i. Centers for Disease Control and Prevention (CDC): PEARLS Gives Seniors with Minor Depression New Hope. (2007).
<http://www.cdc.gov/prc/stories-prevention-research/stories/pearls.htm>
 - ii. Ciechanowski, P., Wagner, E., Schmaling, K., Schwartz, S., Williams, B., Diehr, P., Kulzer, J., Gray, S., Collier, C., LoGerfo, J. (2004). Community-integrated home-based depression treatment in older adults: A randomized controlled trial. *Journal of the American Medical Association*, 291(3), 1569-1577. PDF. <http://jama.ama-assn.org/cgi/reprint/291/13/1569>

IV. Toolkits

- A. A Guide to Mental Wellness in Older Age: Recognizing and Overcoming Depression. Geriatric Mental Health Foundation. (The Role of Family and Friends). http://www.gmhfonline.org/gmhf/consumer/role_family_friends.html
- B. Depression in Older Adults: Management in Primary Practice. The American Geriatrics Society. (Professional Tools, Patient Forms, and Patient Handouts). <http://www.americangeriatrics.org/education/depression.shtml>
- C. Depression Management Tool Kit. The MacArthur Initiative on Depression & Primary Care. (Comprehensive look at managing depression). <http://www.depression-primarycare.org/clinicians/toolkits/>
- D. Depression Toolkit. Practicing Physician Education in Geriatrics. (Tools to identify, assess, diagnose, treat, and educate both professionals and consumers). <http://www.gericareonline.net/tools/eng/depression/index.html>

V. Articles

- A. Adams, S. M., Miller, K. E., & Zylstra, R. G. (2008). Pharmacologic management of adult depression. *American Family Physician*. Findarticles.com. http://findarticles.com/p/articles/mi_m3225/is_6_77/ai_n24385474
- B. Haines, C. D. Ed. "Mental Health: Depression in the Elderly." WebMD. July 1, 2005. <http://www.webmd.com/depression/mental-health-depression-elderly>

VI. Web Resources

- A. American Geriatrics Society – Aging in the Know: Depression (Types of depression, evaluation, diagnosis, and treatment options). http://www.healthinaging.org/agingintheknow/chapters_ch_trial.asp?ch=32
- B. Geriatric Mental Health Foundation – A Guide to Mental Wellness in Older Age: Recognizing and Overcoming Depression
http://www.gmhfonline.org/gmhf/consumer/facts_latelife.html
- C. National Alliance on Mental Illness – Depression in Older Adults
http://www.nami.org/Content/ContentGroups/Helpline1/Depression_In_Older_Persons.htm
- D. National Depression Screening Day: <http://www.nmisp.org/depression.htm>
- E. National Institute of Mental Health: <http://www.nimh.nih.gov/>
- F. Portal of Geriatric Online Education (Free database, username and password required): www.pogoe.org