Collaborative Agencies: Mission Statements

To improve the quality of life for adults (60+) helping them thrive in the community and remain in their homes.

To provide older adults, caregivers and professionals with education about healthy aging and to help them understand that depression is not a normal part of aging.
Feeling Lucky?

Age Positive Conference, 5/8/2019
CHARACTERISTIC FEELINGS
Hopeless  Helpless  Worthless
DEPRESSION

“Depression, in psychology, a mood or emotional state that is marked by feelings of low self-worth or guilt and a reduced ability to enjoy life. A person who is depressed usually experiences several of the following symptoms:

- feelings of sadness, hopelessness, or pessimism; lowered self-esteem and heightened self-depreciation; a decrease or loss of ability to take pleasure in ordinary activities; reduced energy and vitality; slowness of thought or action; loss of appetite; and disturbed sleep or insomnia.”
Depression VS Anxiety

Depression you worry about nothing
Anxiety you worry about everything
The circle shrinks. As the years pass, older people attend too many funerals. Friendships that sustained them for decades lapse when companions and confidants retire or move away or grow ill.
“With loneliness, it’s not the quantity of relationships that counts most. It’s the quality.”

- Diversify Relationships.

This helps to prevent the tendency to depend exclusively on a few people.

It also provides variety in the people you are interacting with.
Isolation

If we treat the symptoms of isolation we can significantly decrease the need for professional health services.

Age Positive Conference, 5/8/2019
The Lucky Ladies : Social Supports
The Lucky Ladies
The Lucky Ladies: Coping Skills

HEALTHY COPING SKILLS

BREATHE
Take a walk
Journal
Listen to music
Draw
Write a poem
GO TO SLEEP
Change your thoughts

STRETCH
Exercise
Watch a movie
Call a friend
Join a club/group
ASK FOR HELP
Positive Affirmations
Meditation
The Lucky Ladies: Laughter and Fun
The Lucky Ladies

Age Positive Conference, 5/8/2019
Where do we go from here?

- Patients waiting for professional mental health treatment
- How can we collaborate and progress?
- Finding solutions and helping vulnerable 60+ populations in particular
REFERENCES


Dustin Wallace AARP. (2012). Retrieved from https://i.pinimg.com/originals/7e/65/72/7e6572c39d47b82700638eb6cd8856c9.jpg