

# Our Community: Aging & Disability Conference Webinar Series

**Series: Social and Emotional Wellbeing**

**“The Many Faces of Depression and How to Find  
Relief”**

**October 16th, 2020**



# Housekeeping

Today's Webinar is being recorded and both this accessible recording and accessible copies of the slides will be on the FREED website.

[www.FREED.org](http://www.FREED.org)

## Questions & Comments?

Type your questions in the Q&A and/or CHAT tab

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# WELCOME!



Carly Pacheco  
Deputy Director  
FREED

# Aging & Disability Resource Connection (ADRC) of Nevada, Yuba and Sutter Counties

Serve as consumer directed resources for long-term services and supports (LTSS) for people of all ages, disabilities, and income levels.

Utilize a “no wrong door” approach, making access to information and LTSS as seamless and easy as possible for consumers.

Bring existing resources together to provide objective information about the full range of options that are available and to empower consumers to make informed decisions about their LTSS





# The Many Faces of Depression and How to Find Relief

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Talking About the Secret We All Share

FPC is a Program of the  
Sierra Nevada Memorial Hospital Foundation

# DEPRESSION: What Is It, What Causes It, & What Can I Do About It?

ANASTASIA KNIGHT, MSW  
Nevada County Social Outreach



# Fall Prevention & Depression???

- ∞ Injuries from Falls are the number one reason older adults visit the Emergency Department.
- ∞ Falls lead to more non-fatal injuries in older adults than anything else.
- ∞ Depression is one of the number one factors in increased fall risk

# If Left Untreated Depression Can....

- ❖ Lead to a sedentary life style
- ❖ Result in low nutrition levels due to lack of appetite
  - ❖ Gait changes
- ❖ Lack of awareness of surroundings
  - ❖ Lack of concentration

# The Stigma of Talking about Depression

∞ In the past symptoms were often seen as signs of:

- Character weakness
- Lack of fortitude
- Inability to pull oneself “up by the bootstraps”
- Not able to cope with life

∞ The effects were devastating!

- Individuals stuck in a destructive course in life

Stigma is one of the Primary Reasons people do not seek mental health treatment!

# Times are Changing – Yay!!

- ❖ Public awareness about depression is growing.
- ❖ Treatment is becoming more acceptable
- ❖ Perceived stigma is rapidly declining
- ❖ Research now tells us that depression is a result of interactions between the environment, life events and brain function. It is no different than any other medical condition!

# Facts About Depression

- ❖ Approximately 17.3 million American adults (7.1%) experience depression each year (2017).
- ❖ Increase due to Covid-19: statistics show 30% or more adults are experiencing depression.
- ❖ Seeking help: only between 10% (for older adults) and 33.3% receive treatment for depression.
- ❖ Increased depression is a significant public health issue.

# Isolation and Loneliness

- ❖ One of the factors associated with Covid-19 which contributes to higher depression outcomes.
  - “Social Distancing” vs. “Physical Distancing”
- ❖ One study found loneliness/isolation equivalent to smoking 15 cigarettes a day.
- ❖ Contributes to dementia/Alzheimer’s, heart disease, weakened immune system, and other health impacts.

# Symptoms of Depression

- ❖ Decreased Interest or Enjoyment of Activities
- ❖ Change in Appetite or Weight
- ❖ Sleep Problems-Insomnia or Oversleeping
- ❖ Low Energy, Low Mood, Sadness
- ❖ Thoughts of Worthlessness, Guilt, Hopelessness
- ❖ Poor Memory and Frequent Indecision
- ❖ Anxiety or Irritability
- ❖ Difficulty Concentrating
- ❖ Thoughts of Death or Suicide

# How Severe is My Depression?

## Three Levels of Depression

 **Mild**

 **Moderate**

 **Severe**

# What Can Make Me Feel This Way?

## Causes of Depression:

❑ Stress

❑ Losses and Trauma

❑ Medical Problems

❑ Seasons

❑ Medication

❑ Brain Function

❑ Family History & Genetics

# Risk Factors that Can Result in Depression

- ∞ Bereavement
- ∞ Feeling Hopeless
- ∞ Physical Illness
- ∞ Pain or Long Illness
- ∞ Lack of Autonomy and Control
- ∞ Functional Capacity
- ∞ Alcohol or Drugs
- ∞ Isolation or Loneliness
- ∞ Financial Problems
- ∞ Fear of Dying
- ∞ Major Changes in Life

# There is a Difference Between Grief and Depression

## ❖ Grief:

- Feelings come in waves
- Feelings are mixed – both happy and painful
- Grieving people maintain self-esteem

## ❖ Depression:

- Thoughts are negative most of the time
- Persistent feelings of -
  - Low self esteem
  - Worthlessness
  - Self loathing

# What Are My Options for Finding Relief?

- ❑ Therapy
- ❑ Anti-depressant Medication
- ❑ Supplements
- ❑ Diet
- ❑ Exercise
- ❑ Mindfulness Meditation
- ❑ Expressive Writing
- ❑ Social Interaction Programs

# Does Therapy Work?

- ❖ 75% of people have a positive benefit
  - Increased feelings of well-being
  - Changes in behavior
  - Positive changes in the brain and the body
- ❖ Changes in most cases are the same as those of medication
- ❖ A combination of medication & therapy is on average more effective

# How Do I Find a Therapist in Nevada County?

## ASK.....

- Your physician or other healthcare providers
- Your friends for a recommendation
- Call your insurance company – look for the phone number on the back of your insurance ID card
- Look in the Senior Resource Guide
- Web search:
  - [Psychology Today: www.psychologytoday.com](http://www.psychologytoday.com)
  - [Medicare: www.medicare.gov/physicancompare](http://www.medicare.gov/physicancompare)
- Call the Nevada County 211 line:
  - (844) 319-4119

# Local Services and Resources

- ❖ FREED Phone Reassurance Program
- ❖ FREED Friendly Visitor Program
- ❖ The Friendship Line 800-971-0016
- ❖ Social Outreach Coordinator 274-6224
  - ❖ Local Therapists
- ❖ Mental Health Urgent Care at SNMH
  - ❖ Crisis Line: 265-5811



# Questions

# Is it Depression or Dementia?

DIANE MIESSLER, RN

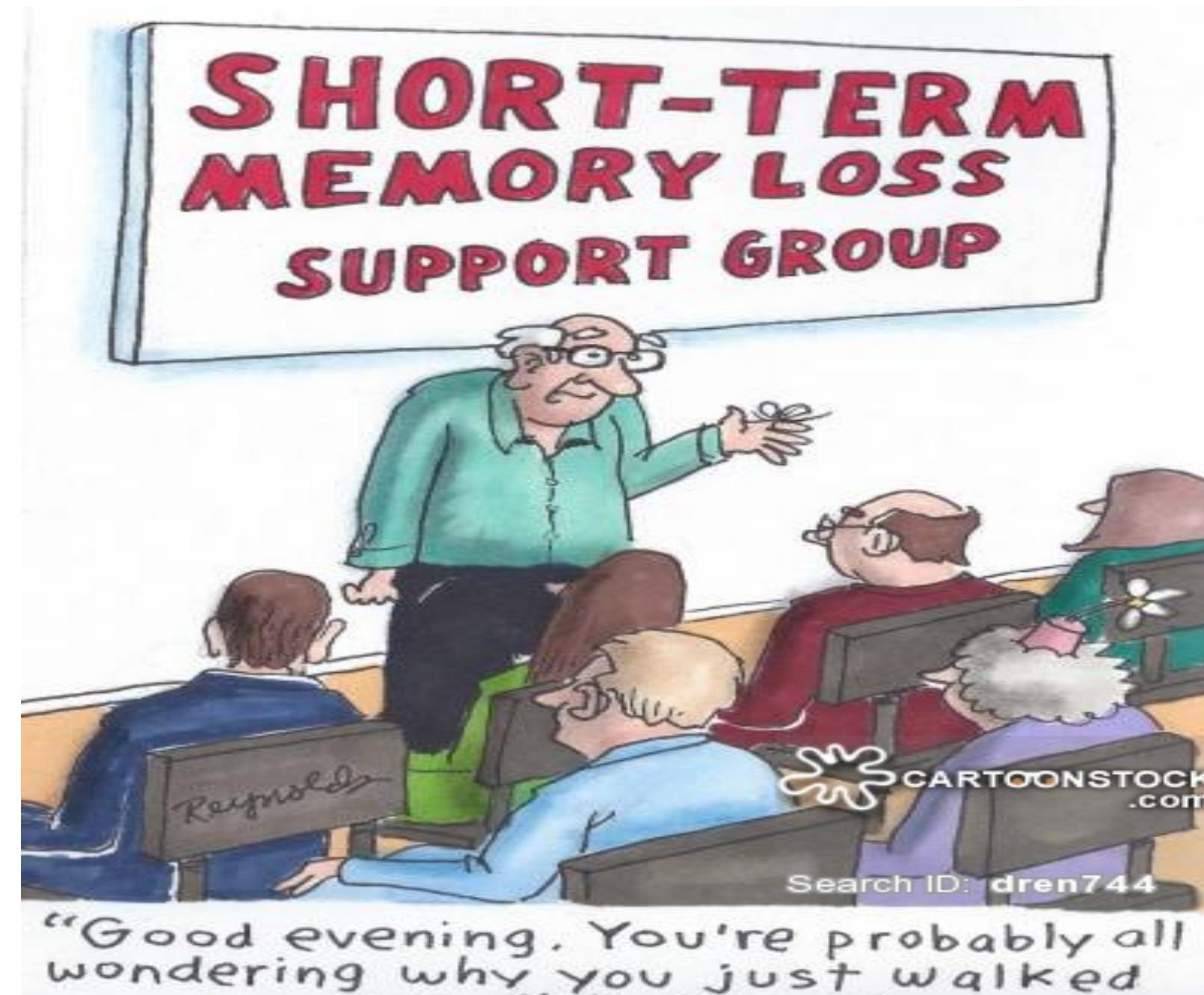
Nevada County Senior Outreach



# What We Will Cover

- ❖ Normal brain aging vs. dementia
- ❖ Types/causes of dementia
- ❖ Dementia and depression
- ❖ Lifestyle changes that help both

# Is It Just Me?



# What Is Normal?

## Normal

- Not remembering events or conversations from months ago.
- Forgetting names of acquaintance
- Occasionally forgetting appointments or losing things
- Occasionally having trouble thinking of a word
- Losing your keys
- You're worried, your family isn't

## Dementia

- Forgetting what happened that day
- Forgetting names of or not recognizing family members
- Frequently losing things and missing appointments
- Frequent losing things and missing appointments
- Frequent pauses, substituting word that don't make sense
- Forgetting how to work the car
- Your family is worried, you're not aware of a problem

# Some Memory Loss is Normal

**But not inevitable!**

**Stay Tuned!**

# When to Worry – Signs of Dementia

- ∞ **ADVANCED memory loss** - not recognizing people, getting lost in familiar places, forgetting to turn off faucet. Wait, I do that. . .
- ∞ **Impaired judgement** - giving money to strangers, going out without proper clothing
- ∞ **Impaired language** - not being able to form sentences, using wrong word
- ∞ **Loss of ability to perform familiar tasks** - using appliances, getting dressed correctly, paying bills, taking meds, doing household chores
- ∞ **Illogical thinking/reasoning**
- ∞ **Loss of coordination or motor functions**

A DIAGNOSIS OF DEMENTIA REQUIRES AT LEAST 2 OF THESE

# Dementia Isn't a Specific Disease

Instead, dementia describes a group of symptoms affecting memory, thinking, judgement, and social abilities severely enough to interfere with daily functioning.

Alzheimer's is ONE type of dementia.

# Types of Dementia

- ∞ **Alzheimer's (most common)**
- ∞ **Vascular**
- ∞ **Traumatic Brain Injury (TBI)**
- ∞ **Parkinson's**
- ∞ **Alcoholism**
- ∞ **Lewy-Boddie dementia**
- ∞ **Kreutzfeld-Jakob**

# Risk Factors for Dementia

## Reversible

- ❑ High blood pressure
- ❑ Diabetes
- ❑ High cholesterol
- ❑ Inflammation
- ❑ Sedentary lifestyle
- ❑ Sleep issues
- ❑ Smoking
- ❑ Alcohol abuse
- ❑ Medications
- ❑ Social isolation
- ❑ Lack of stimulation
- ❑ Depression
- ❑ Infection
- ❑ Low thyroid
- ❑ Vitamin deficiencies

## Not so much. . .

- Genetics
- History of brain injury
- Past transgressions

# Depression or Dementia?

## Depression

- Physical symptoms early on
- Pervasive negative thoughts
- Excessive worry
- Feelings that life is pointless
- Loneliness or boredom
- Crying for no reason
- Decreased energy
- Suicidal thoughts

## Dementia

- Difficulty performing normal tasks
- Using wrong words
- Confusion about time and place
- Impaired judgement
- Memory loss
- Gradual onset
- Losing things
- Changes in thinking or personality
- Suicidal thoughts uncommon

# “Pseudodementia”

## ∞ Symptoms of dementia actually caused by depression

- Often forgetful
- Move slowly
- Low motivation
- Mental slowing

## ∞ Person may not appear depressed, but...

- Syndrome responds well to treatment
- Mood improves
- Energy returns
- Concentration and intellectual functioning return

# No Test to Tell the Difference

- ∞ There is no test to tell if someone has depression or dementia.
- ∞ If the doctor is not certain – try treatment for depression
- ∞ If depression is at the root – treatment can produce dramatic results!

# Lab Work

Ask your doctor about:

- Lipid panel (cholesterol)
- Blood sugar, A1c
- C-reactive protein
- Testosterone
- Thyroid
- Vitamin D
- Ferritin

# Habits that Help Your Brain also Help With...

- ∞ Mood
- ∞ Cardiovascular health, risk of stroke, heart attack
- ∞ Blood pressure
- ∞ Diabetes
- ∞ Fall risk
- ∞ Endurance
- ∞ Weight
- ∞ Cancer risk



"Great heavens! You're right, it is her!... Y' know I remember her when she used to be in focus."

# Exercise Your Brain

∞ Puzzles, games

∞ Language

∞ Music

∞ Learn something new every day

# Exercise Your Body

- ☞ Baby steps count
- ☞ Walk fast, age slow
- ☞ “Bursts”
- ☞ Endurance, strength, balance/coordination
- ☞ Exercise buddy

# Exercise Your Brain

Cut down or avoid:

- Smoking
- Alcohol (2-4 drinks/week)
- Processed foods
- Sweets, sweet drinks, juice
  - Trans fats

# Health Brain Habits

☺ Laugh

☺ Socialize

☺ Pray or meditate

# Diet

Focus eating what's good for you, not deprivation.  
This is brain love.

- Produce, variety, esp leafy greens; 2-3/meal, minimum 5/day
- Fish
- Legumes/complex carbs
- Lowfat dairy 3/day
- Whole foods
- Green tea
- Dark chocolate

# Supplements

- Fish oil
- B-complex
- D3
- Calcium for women
- Vitamin C

More exotic: Co-Q-10, acetyl L-carnitine, pycnogenol, alpha GPC, phosphatidylserine, AAC, huperazine, saffron, sage

# Let's Talk!



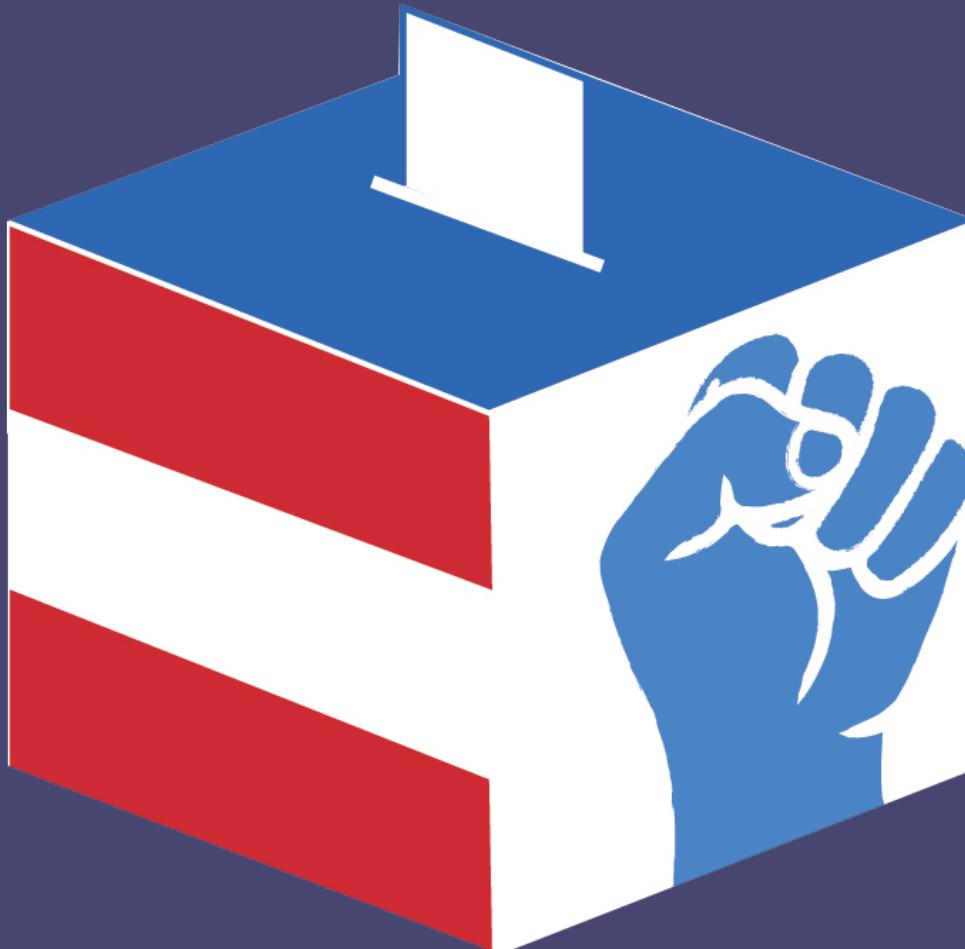
# 2020 Our Community: Aging & Disability Webinar Series

October - November sessions include:

- Social and Emotional Well Being - 10/23/2020
- Long Term Services & Supports – 10/30, 11/6, 11/13/2020

Register Today!

<https://freed.org/our-community-an-aging-and-disability-conference/>



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