



Mental Health and the Elderly

Mental health among the elderly is an important and often overlooked issue. As people age, they may face a variety of challenges that can impact their mental well-being. Some common mental health concerns among the elderly include depression, anxiety, cognitive decline, and loneliness. We know that prevention, early intervention, and support are key in combating some of these concerns. Below are some ways you can help.



Encourage Social Connections.

Loneliness and isolation can contribute to mental health issues in the elderly. Encourage seniors to stay connected to friends, family, and community groups.



Promote Physical Activity.

Regular exercise has been shown to improve mood and reduce symptoms of anxiety and depression. Encourage older adults to engage in activities they enjoy such as walking, gardening or yoga.



Monitor for signs of mental health issues.

Be attentive to changes in mood, behavior or daily routines that could indicate a mental health concern. Encourage conversation with doctor or counselor for your loved one.



Seek professional help when needed.

If you notice persistent signs of depression, anxiety, or other mental health concerns, this could be a sign of an underlying mental health issue or medical condition.



Provide a supportive environment.

Create a nurturing environment where the individual feels safe, heard, and respected. Encourage positive coping strategies, self-care practices and healthy lifestyle choices to provide overall mental well-being.

If you or a household family member need assistance, please reach out to the Aurora EAP at 800.236.3231 or visit www.aurora.org/eap

Resources: [Older Adults and Mental Health - National Institute of Mental Health \(NIMH\) \(nih.gov\)](#),
[The State of Mental Health and Aging in America \(cdc.gov\)](#)

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