

Older Adult Mental Health Basics Action Checklist

Depression, anxiety and other mental illnesses are **not** a normal part of aging.

Anxiety is the most common mental illness.

80% of older adults who get treatment for depression get better. Make sure older adults get access to treatment.

It's not about you

The odd or aggressive actions you deal with are caused by an illness.

Ask for help when working with residents who seem to thrive on conflict or require constant attention for every need.

Try to **find the unmet need** triggering a behavior or call for attention.

Symptoms you believe are a signs of a mental illness **may actually be caused by brain injuries, dementia or from medication side effects.**

Report **changes in a person's sleeping, eating or participation in activities.** These could be early signs of a treatable mental illness.

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