

Possible symptoms of depression:

- Persistent moods of sadness, anxiousness, and emptiness.
- Feelings of guilt, numbness, hopelessness, worthlessness, and helplessness.
- Lack of self-care (changing of appetite) and motivation.
- Being irritable and restless.
- Loss of interest in previously enjoyable activities and hobbies.
- Sleeping difficulties.
- Thoughts of suicide or death.
- Undiagnosed and unexplained physical conditions.
- Memory loss and impaired cognitive functions.
- Tendency to self-isolate.

*It is important to consider an individual's characteristics and personality prior to concluding they are experiencing symptoms of depression.

Further information:

Richmond Fellowship Tasmania AgeWise Program

Phone: (03) 6228 3344

[Go to website](#) 

Lifeline Tas Visitors Scheme

Phone: (03) 6282 1515

[Go to website](#) 

Beyond Blue Counsellor Line

Phone: 1300 22 4636

[Go to website](#) 



rft.org.au



Richmond Fellowship Tasmania has been providing services for people with mental illness for over 36 years. Our staff are trained in and committed to person-centred care and recovery.

Richmond Fellowship Tasmania is a not for profit organisation fully accredited against ISO 9001-2016 and is a registered charity with the Australian Charities and Not-for-profits Commission. Richmond Fellowship Tasmania is accredited by the National Standards for Mental Health Services.

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AgeWise

Information about
Depression for
Older People



What is depression?

Feeling sad is common human experience to life's challenges.

Clinical depression is a mood disorder with symptoms negatively affecting the way you feel, think, and act for at least two weeks.

Major stress, grief and loss, and changes to life circumstances as well as family history or an earlier experience of depression can make some older adults more vulnerable to depression.

Clinical depression is not a normal part of ageing, so it's important to get help if you need it.

Where can I get help and support?

These are some options you could try if experiencing symptoms of depression:

- AgeWise Counselling, Richmond Fellowship Tasmania (Free, self-referral).
- Phone counselling, Beyond Blue (Free).
- Community Visitors Scheme, Lifeline Tasmania (Self-referral).
- Self-help strategies such as sleep hygiene, meaningful activities (read a book, do a puzzle, etc.), safe movement (walking if safe to do so).
- Talk to your GP about the possibility of medication.

I have regular interaction with an older person experiencing depression – how can I help?

- Actively listen to them. Be present and show interest in what they have to say.
- Normalising and validating their feelings and reactions.
- Share a moment of your time. Social contact and engagement can significantly decrease the feeling of loneliness – discuss an area of mutual interest.
- Allow them to lead the conversation – enable them to gain their own agency and talk about what is important to them.
- Listen to their varying feedback. Put into action the components that are within your control.
- Refer the things that are out of your scope and control to the relevant internal / external services.

