

Getting Help for Depression

Are you feeling depressed
by multiple changes in your
life as you have gotten older?
There is help at hand in our
program called BOOST.

**For IMMEDIATE assistance,
contact:**

**The Crisis Unit at
Marin General
415-499-6666**

**or
Suicide Prevention Hotline
415-499-1100**

**For NON-EMERGENCY
assistance, contact
Seniors At Home:
415-507-0564**

About Seniors At Home

We help seniors live safer, healthier, more independent lives in their own homes by providing the support they need through our comprehensive range of programs:

- Home Care
- Care Management
- Palliative Care
- Senior Care Consultations
- Nursing Visits
- Healthcare Advocacy
- Counseling and Support Groups
- Money Management
- Conservatorships
- Spiritual Care
- Bereavement Support
- Volunteers
- JFCS RIDES Transportation Services
- Caregiver Support
- Holocaust Survivor Services

Seniors At Home is a division of
Jewish Family and Children's Services of
San Francisco, serving the Bay Area since 1850.



Do You Need a **BOOST ?**

**Behavioral
Options to
Optimize
Senior
Transitions**



BOOST Helps You Help Yourself

Depression is not a normal part of aging, but, for many, it is a reality that they can change with helpful support. There are proven successful approaches to BOOSTing your mood to improve your health and well-being. Being in good mental health doesn't mean that you'll never feel sad, lonely, worried, or down, of course. But when these feelings disrupt your life or go on for too long, there may be a bigger problem.

Profound and/or prolonged sadness or depression can happen when you are challenged by changing life circumstances:

- You have to move from your home.
- You lose people you care about.
- You have to depend on others to get around or to do things you always did for yourself.
- Physical health problems seem overwhelming.



Do Any of These Symptoms Apply to You?

In addition to sadness and depression, some of the following changes in behavior may suggest personal challenges:

- You become easily upset.
- You no longer have the energy to do what you want to do or used to do.
- Your sleep or eating habits have changed.
- You are becoming increasingly forgetful or confused.
- You are constantly afraid.
- You believe that you can't do anything worth while any longer.
- You cry a lot.
- You have difficulty managing money.
- You get lost frequently.
- You spend most time alone.
- You feel hopeless or overwhelmed.
- You think life isn't worth living.
- You think about hurting yourself.

What to Do About It

Here are some things you can do if depression or other changes in your behavior last longer than two weeks:

- **Talk with your doctor or other health care professionals.** Tell them exactly how you are feeling, and let them know how this is different from the way you used to feel. They can check for any problems you may be having and discuss treatment options with you.
- **Share your feelings with a friend, family member, or spiritual advisor.** These people can sometimes notice changes that you might not see.
- **Contact a professional who works with seniors,** such as a care manager, counselor, nurse, or senior center staff.
- **Participate in our BOOST program.** We can help you develop a plan to deal with the changes in your life.
- **By keeping our minds as healthy as our bodies,** we can enjoy life more, handle difficult situations, stay better connected with family, friends, and community, and keep our bodies strong.

Behavioral Options to Optimize Senior Transitions