



## Why is addressing depression important?

Recently, Nelson has been feeling tired, frustrated, and no longer interested in things he once enjoyed, like spending time with his family and carving. One morning, he was sent a picture of his new great granddaughter. This is when he decided to ask his provider about his low energy. His provider screened him for depression and connected him with a Behavioral Health Consultant. Nelson learned skills to improve his mood, which allowed him to sleep better and have more energy to spend time with his loved ones. He now knows the signs of depression and feels safe being able to ask for help so he can enjoy life again.

## What can you look for?

- Being more irritable/short with loved ones
- Increasing tiredness or insomnia
- Low energy and poor concentration
- Loss of interest in enjoyable activities
- Feeling isolated or alone
- Loss of sex drive

Depression is the constant feeling of sadness which can affect your mood, energy, concentration, and interest in activities.

## Questions to ask yourself:

- What do you enjoy doing?
- What is important to you and your family?
- Who do you feel safe talking to?
- What advice would you give someone feeling how you feel?





# Aging Well – Depression



## What can you do?

- Be physically active
- Enjoy nature
- Stay connected with friends and family
- Have a good sleep routine

## Where can you find support?

- [Elder Program](#) and [Family Wellness Warriors learning circles](#) can assist you in staying connected and growing your support system.
- [Primary Care Provider Team](#) and [Behavioral Health Consultant](#) can assist with learning about depression and appropriate treatment.
  - Addressing depression can assist with symptoms and medications.
- [Wellness Center](#) and [Exercise](#) can assist with being physically active.

For more information, visit <https://www.southcentralfoundation.com/aging-well/>

## Alaska Native Health Campus Resources

### Anchorage

(907) 729-3300

### Matanuska-Susitna Borough

(907) 631-7880

- ☐ Exercise Team
- ☐ Family Wellness Warriors Learning Circles
- ☐ Primary Care
  - Registered Dietitian
  - Behavioral Health Consultant

## Community Resources

- ☐ Municipality of Anchorage: Aging and Disabilities Resources (907) 343-7770

