■ **Breaks/Interests**
Holidays or short breaks can bring relief by breaking up the routine. Reading, going out to a film, listening to music can be relaxing and rewarding.

■ **Diet**
Try to eat regularly and well. If we miss out on valuable nutrients, we are more likely to feel tired and run down.

■ **Friends and Family**
If you have sympathetic friends or relatives, you could talk to them and ask for their support and understanding.

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**Useful contacts**

If you would like further information on Ageing Well and on how to become involved, please contact your local Age Concern.

**Depression Alliance**  
Tel: 020 7633 0557

**Depression Alliance Cymru**  
Tel: 029 2069 2891

**Depression Alliance Scotland**  
Tel: 0131 467 3050

**CRUSE Bereavement Care**  
Helpline: 0870 167 1677

**Age Concern**  
For up to 5 free factsheets, or to find your local Age Concern, ring Age Concern Information Line: 0800 009966 (freephone) 7 days a week from 7 a.m. – 7 p.m.

Grateful acknowledgement to the Depression Alliance for their information.

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A regular balanced diet can help to maintain a content lifestyle.

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Myths and misunderstandings

Depression is much misunderstood, yet it affects people of all ages. It is estimated that one in five people will suffer from depression at some point in their lives.

Being older doesn’t mean that you’ll necessarily become depressed. But if you do help is at hand.

Many intelligent and creative people suffer from depression and yet make an outstanding contribution to life.

Episodes of depression can be triggered off by stressful events, especially those which involve loss. Sadly, older people are quite likely to suffer important loss.

Warning signs
- Losing a little confidence.
- Feeling ‘down’.
- Less concentration than usual.
- Sleeping too much or too little.
- Feeling tired all the time.
- Distancing yourself from other people, especially those close to you.
- Feeling life is pointless.
- Not caring how you look.
- Physical aches and pains, sometimes with the fear that you are seriously ill.

If you have felt some of the symptoms listed for most of the day, nearly every day, for more than two weeks, you should seek help.

What to do if you feel you could be depressed

There are many different ways to treat depression and it can be overcome.

The first step is to visit your GP.

Tell them how you feel and that you think you could be depressed.

Your doctor will probably ask you some questions and may prescribe anti-depressant pills if necessary.

Alternatively s/he may suggest a talking treatment, such as therapy or a self-help group where you can meet other people who have found ways to cope with their depression.

There can be a great sense of relief in being with people who understand.

It is helpful to remember that the vast majority of older people with depression do recover.

Self Help

Many people have found their depression relieved by some of the following:

- Information
  There is a wide range of information which gives practical advice for people with depression. Please see the back of this leaflet for further information.

- Exercise
  If you can manage to do some form of exercise, however gentle, it will help you feel better and more positive.

Healthy exercise can help alleviate depression