

SUICIDE IN THE AGING

People 65 years of age or older are at higher risk for death by suicide. Depression is the major factor and often goes undiagnosed or untreated. Clinical or major depression is a medical illness.

Symptoms of Depression include:

- Complaints of physical ailments
- Exhibits changes in physical abilities, e.g. loss of appetite, inability to sleep, change in weight, dizziness, anxiety
- Inability to concentrate
- Inability to find pleasure in anything
- Talk of worthlessness

Risk factors that have greater impact on the aging:

- Isolation and loneliness
- Physical illness or pain
- Recent loss of loved one
- Independence has been reduced or lost
- Sense of purpose no longer exists

Warning signs that have greater impact on the aging:

- Increased alcohol or prescription drug use
- Stockpiling medications or purchasing a weapon
- Refusal to take care of self or follow medical prescriptions for diet or medication
- Elaborate good-byes

Resources-Websites:

[Suicide Prevention Resource Center](#)

[HelpGuide](#)

[Care for Elders Healthy Ideas](#)

[CDC Healthy Aging](#)

Resources-Evidence-Based Curricula:

[Program to Encourage Active Rewarding Lives for Seniors \(PEARLS\)](#)

[Suicide Prevention Training for Gatekeepers of Older Adults](#)