

Sadness and/or Depression

<p>Identify the Problem</p>	<p><u>PROBLEM:</u> Sadness and/or Depression (feeling blue)</p> <p><u>GOAL/EXPECTED OUTCOME:</u> To reduce depression or depressive symptoms</p>
<p>Explore</p>	<p><u>ASSESS FURTHER:</u></p> <p>Understand the possible triggers of the problem:</p> <ul style="list-style-type: none"> • What is the person’s behavior like when he/she is depressed? • What happens before the person’s depressive symptoms occur? • How often do the person’s depressive symptoms occur? • For early stage individuals, is there evidence that the depression involves reaction to understanding the diagnosis? • Is the depression causing the person to socially withdraw? • Are there any indications of suicidality?
<p>Adjust</p> <p>Problem solve with interventions and actions</p>	<p><u>TEACH PROBLEM-SOLVING STRATEGIES TO CAREGIVER:</u></p> <ul style="list-style-type: none"> • Consider home safety: remove firearms, alcohol, or other substances in the home • Provide dementia education and counseling to people in early stages • Encourage the person to join a support group • Provide the person with predictable routines • Go on regular outings with the person when possible • Stimulate with pleasant smells and sounds (i.e. aromatherapy, baking cookies, music from person’s youth) • Help the person engage in favorite activity or hobby • Read books, play games, watch funny shows/movies • Encourage exercise and physical activity <hr/> <p><u>CLINICAL SUPPORT:</u></p> <ul style="list-style-type: none"> • If suicidal ideation is present, follow standards of practice, policies, procedures, and reporting mandates • If self-neglect, follow standards of practice, policies, procedures, and reporting mandates • Follow clinical guidelines and procedures for depression screening, intervention and referral • Refer to behavioral health specialist for depression assessment, diagnosis and treatment, as needed • Consider behavioral health referral for people in early stage <hr/> <p><u>CAREGIVER SUPPORT AND COMMUNITY RESOURCES:</u></p> <ul style="list-style-type: none"> • Listen empathically to caregiver and evaluate for level of distress • Discuss opportunities for socialization, stimulation and interaction, such as CBAS • Refer to Alzheimer’s Los Angeles for support groups, disease education, and care consultation <ul style="list-style-type: none"> ○ ALZ Direct Connect® referral ○ Provide Helpline #: 844.HELP.ALZ 844.435.7259 ○ Website: www.alzheimersla.org

	<ul style="list-style-type: none">• Local Community Resources: _____ _____• Send literature:<ul style="list-style-type: none">○ Topic Sheet – “Sadness and Depression”
	<u>FOLLOW UP:</u> <ul style="list-style-type: none">• Schedule a phone call with caregiver to discuss outcomes and provide additional support
	<u>NOTES:</u> _____ _____ _____ _____