

Depression: Not a “Normal” Part of Aging

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There is a common myth that depression and aging are an inevitable combination. Depression, however, is not a normal part of aging. This presentation will review the prevalence of depression in the aging population, contributors to the onset of depression in older adults, signs and symptoms of depression and treatment/risk mitigation strategies of depression in the aging population.

Following this presentation the participant will be able to:

1. Identify the statistical prevalence of depression among the aging population as compared to the general population.
2. Recognize contributing factors to the onset of depression in older adults.
3. Identify signs and symptoms of depression in the senior population.
4. Outline treatments and risk mitigation strategies of depression in the aging population.

May be subject to health screening, face coverings, social distancing, proof of COVID-19 vaccination and/or proof of negative COVID-19 test. Requirements vary by community in accordance with state or local directives or recommendations by the CDC. Please contact us for details.

The Optimum Life CE series is a pre-recorded webcast. • This program was submitted for approval to the following governing bodies and their required pre-approval statements listed below. The program is approved for CE credit when presented in the month listed. • Email cesupport@brookdale.com for more information about contact hours. • This program has been submitted (but not yet approved) for Continuing Education for 1.0 hour from NAB/NCERS. • This activity is pending approval from the National Association of Social Workers. • This program has been submitted to The Commission for Case Manager Certification for approval to provide board certified case managers with 1.0 hour. • Brookdale Senior Living Inc. is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0221. • This course is approved by the Michigan Social Work Continuing Education Collaborative. • This activity has been submitted to the Ohio Nurses Association for approval to award contact hours. The Ohio Nurses Association is accredited as an approver of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation (OBN-001-91).

