

Sadness and/or Depression

<p>Identify the Problem</p>	<p>PROBLEM: Sadness and/or Depression (feeling blue)</p> <p>GOAL/EXPECTED OUTCOME: To reduce depression or depressive symptoms</p>
<p>Educate Yourself</p>	<p>ASSESS FURTHER:</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>Adapt Problem solve with interventions and actions</p>	<p>TEACH PROBLEM-SOLVING STRATEGIES TO CAREGIVER:</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 <p>CLINICAL SUPPORT:</p> <ul style="list-style-type: none"> • If suicidal ideation is present, follow standards of practice, polices, 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

	<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 Greater Los Angeles for support groups, disease education, and care consultation <ul style="list-style-type: none"> ○ ALZ Direct Connect referral ○ Provide 24/7 Helpline #: 844.HELP.ALZ 844.4357.259 ○ Website: www.alzpla.org • Local Community Resources: _____ _____ • Send literature: <ul style="list-style-type: none"> ○ Topic Sheet – "Sadness and Depression"
	<p><u>FOLLOW UP:</u></p> <ul style="list-style-type: none"> • Schedule a phone call with caregiver to discuss outcomes and provide additional support
	<p><u>NOTES:</u></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>