

# Depression in the Elderly: How to Increase Quality of Life in Our Older Years



## SATELLITE CONFERENCE AND LIVE WEBCAST

**D**ifficult changes the elderly face, such as the death of a spouse or medical problems, can lead to depression. This is especially common in those who do not have a strong group of family and friends nearby to support them. While clinical depression is common, it is not a normal part of the aging process. Late-life depression affects six million Americans age 65 and older. Only 10% are ever treated for it, simply because depression displays in different ways or is often confused as a side effect for an illness or medication.

Left alone, depression can prevent the elderly from enjoying life and lead to major health problems. If you learn how to spot the signs of depression and find effective ways to help, your patients can remain happy and active throughout their golden years.

**Wednesday, May 6, 2009**  
**2:00-4:00 p.m. (Central Time)**  
3:00-5:00 p.m. (Eastern)  
1:00-3:00 p.m. (Mountain)  
12:00-2:00 p.m. (Pacific)

### PROGRAM OBJECTIVES:

1. Describe how depression affects the health of elderly patients.
2. Understand why depression is difficult to recognize in the elderly.
3. Recognize symptoms of depression in elderly adults.
4. Name the major causes of depression in the elderly.
5. Know the resources available to help your clients who are depressed.

### FACULTY:

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### UPCOMING PROGRAM:

Immunization Update  
(Nursing Continuing Education Program)  
Wednesday, May 13, 2009  
8:00 - 9:00 a.m. (Central Time)

Public Health Law 101:  
Privacy & Confidentiality  
Tuesday, June 9, 2009  
9:00 - 10:30 a.m. (Central Time)

View more upcoming programs  
[www.adph.org/alphn](http://www.adph.org/alphn)

### CONFERENCE DETAILS:

**Target Audience:** Home health aides, home attendants and other professionals and family workers who administer and care for patients in the home setting.

**Registration:** [www.adph.org/alphn](http://www.adph.org/alphn)

**Cost:** There is no cost to view.

**Continuing Education:** None for this program.

**Satellite:** C band (analog). Coordinates available upon registration.

**Live Webcast:** Watch with RealPlayer or Windows Media Player. Test your computer with the "test connection link" at [www.adph.org/alphn](http://www.adph.org/alphn)

**Audio:** To listen by phone call 1-888-557-8511.  
Enter access code 972-1530 #.

Press # again to listen to the conference.

**On Demand:** Available 2-3 business days after the live broadcast from the On Demand page of our site.

**Conference Materials:** Available approximately one week before the program for registered participants.

### Questions For Faculty:

Email: [alphnquestions@adph.state.al.us](mailto:alphnquestions@adph.state.al.us)

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**Conference Details Questions:** Call: 334-206-5618

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