

beyond maturityblues

presented by
Suzanne Williams



KEY MESSAGES

- **Anxiety and depression are not a normal part of ageing**
- **Anxiety and depression are health problems, not weaknesses**
- **Anxiety and depression are treatable illnesses**
- **Information and support is available**

PREVALENCE IN THE COMMUNITY

- **Over 1,000,000 Australians each year experience a depressive illness**
- **Over 2,000,000 people in Australia currently have an anxiety disorder**
- **Approximately 50% of people do not seek help from health professionals**

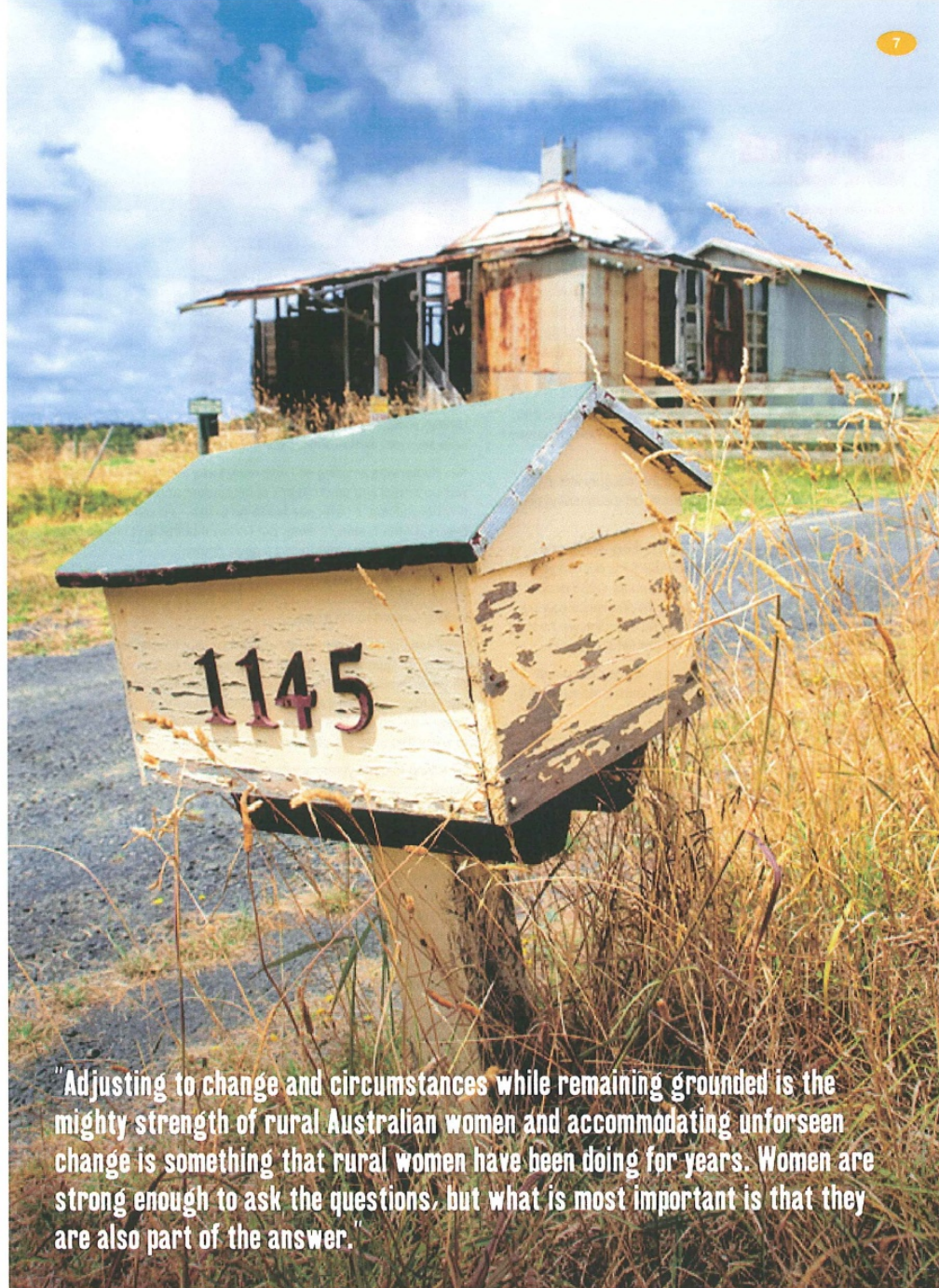
Australian Bureau of Statistics (2008). 2007 National Survey of Mental Health and Wellbeing: Summary of Results (4326.0). Canberra : ABS

RESEARCH SHOWS

➤ Anxiety and depression in older people:

- **Can be undiagnosed or mistaken for other conditions**
- **Is associated with certain risk factors such as chronic physical illness or grief and loss**
- **Is higher among older people living in residential care than for those living in the community**

beyondblue Depression in older age. A Scoping Study. Final Report – NARI September. 2009



"Adjusting to change and circumstances while remaining grounded is the mighty strength of rural Australian women and accommodating unforeseen change is something that rural women have been doing for years. Women are strong enough to ask the questions, but what is most important is that they are also part of the answer."

RECOGNISING DEPRESSION & ANXIETY

May be an increase in:

- **The use of alcohol**
- Irritability and frustration with minor events
- Sensitivity to minor criticism
- Sleep disturbances
- Complaints about physical health
- Moodiness out of proportion
- Recklessness/risk taking
- Avoidance of specific objects or situations

May be a decrease in:

- **Attending** social events
- Withdrawal from friends and/or activities
- Appetite for food/sex
- Sleep
- Interest in previously pleasurable events and activities

USEFUL CONTACTS

beyondblue info line 1300 224 636

beyondblue website www.beyondblue.org.au

Lifeline 13 11 14

Mensline 1300 789 978

mantherapy.org.au or call: 1300 22 2638

To organise a guest speaker for your group contact:
COTA NSW 9286 3868

