



Recognizing Loneliness & Depression

Identify • Intervene

“We’re all lonely from time to time, but the problems come when someone is chronically lonely, day in and day out.” ~ Steve Cole

You Can Help

- Recognize the symptoms. **(See Back)**
- Notify your supervisor.
- Encourage the patient to talk with their doctor. If they are not sure what to say to their doctor, offer to help.
- Be patient with the client.
- Encourage the client to participate in self-care.
- Encourage socializing.
- Listen to the client.
- Take the client out of the home if possible.
- Talk with the client’s family.
- Discuss with the supervisor ways to improve the client’s emotional well-being.
- Ask the patient about their favorite hobbies.
- Contact their health plan in regards to services available.
- Call PCP for referral (e.g. psychologist, psychiatrist or therapist).
- Encourage patient to join a neighborhood senior center.

Depression & Loneliness

Identify • Intervene

**Don't let loneliness & depression
hide in the shadows.**

If you suspect your client is suffering
from loneliness or depression,
or if you have more questions,
please contact us.

Symptoms of Depression

- Sadness
- Loss of interest in life
- Loss of interest in enjoyable activities
- Loss of appetite
- Feelings of anxiety
- Avoidance of people
- Constantly feeling tired
- Problems sleeping (insomnia)
- Low confidence level
- Grumpiness or irritability
- Feelings of unworthiness or guilt
- Thoughts of suicide

Symptoms of Loneliness

- Restless sleep
- Lack of appetite
- Change in frequency of phone calls
- Mobility issues
- Social isolation
- Increased amount of time spent at home

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