

SHATTER THE SILENCE SUICIDE PREVENTION IN THE ELDERLY

There is an average of one suicide
among the elderly every 90 minutes.

When you think of suicide, you may not think of your mother who spent years raising you...or your spouse who you've spent the last 50 years of your life with. However, the highest suicide rates of any age group occur among persons aged 65 and older.

Warning Signs

- Statements of hopelessness or helplessness such as "I don't know if I can go on"
- Changes in eating or sleeping
- Increased prescription drug use or stockpiling medications
- Elaborate good-byes or social withdrawal
- Rush to complete or revise a will
- Sudden elevated mood/relief prior to a suicidal attempt

High Risk Population

- Recent loss of a spouse or loved one
- Life-threatening illness
- Chronic and/or severe pain
- Inability to live alone
- Loss of independence and/or mobility
- Financial difficulties

If you or someone you know is thinking about suicide contact the National Suicide Prevention Lifeline at 1-800-273-TALK.



10 Warning Signs of Alzheimer's

1. Memory loss that disrupts daily life
2. Challenges in planning or solving problems
3. Difficulty completing familiar tasks at home, at work or at leisure
4. Confusion with time or place
5. Trouble understanding visual images and spatial relationships
6. New problems with words in speaking or writing
7. Misplacing things or losing the ability to retrace steps
8. Decreased or poor judgment
9. Withdrawal from work or social activities
10. Changes in mood and personality

Information adapted from the Alzheimer's Association.



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