New study finds that living at home with family does not mean elderly people do not feel sad and lonely

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**Old & Depressed**

**ARE YOU AT RISK OF DEPRESSION?**

This is a simple test for the elderly to check if they are at risk of depression. Tick the answer that best describes how you feel over the past week.

1. **Have you been basically satisfied with your life?**

   - Yes
   - No

2. **Have you dropped many of your activities and interests?**

   - Yes
   - No

3. **Do you feel that your life is empty?**

   - Yes
   - No

4. **Do you often feel helpless?**

   - Yes
   - No

5. **Are you in good spirits in the middle of the day?**

   - Yes
   - No

6. **Are you afraid that something bad is going to happen to you?**

   - Yes
   - No

7. **Do you feel happy most of the time?**

   - Yes
   - No

8. **Do you feel full of energy?**

   - Yes
   - No

9. **Do you prefer to stay at home, rather than going out and doing things?**

   - Yes
   - No

10. **Do you feel your memory is poorer than it was?**

    - Yes
    - No

**TOTAL:**

Score 1 point for each of the following answers:

- 1. 0 or more
- 2. 0 or more
- 3. 0 or more
- 4. 0 or more
- 5. 0 or more
- 6. 0 or more
- 7. 0 or more
- 8. 0 or more
- 9. 0 or more
- 10. 0 or more

A score of 10 or more strongly indicates depression.

**Scoring Instructions:**

- A score of 0 to 6 means you are not at risk of depression.
- A score of 7 to 10 means you are at risk of a significant degree of depression.
- A score of 11 or more means you are at risk of major depression.

**I Have Alzheimer's Disease**

Mark R. Abraham, MD, says that Alzheimer's disease can significantly impact an individual's depression. He notes that depression is a common problem in older adults with Alzheimer's disease, and that it can be difficult to differentiate from the symptoms of the disease itself. He recommends that healthcare providers carefully assess for depression in older adults with Alzheimer's disease, as it can have significant implications for both the patient and their caregivers. He also highlights the importance of early detection and intervention to improve outcomes for these individuals.

**I Have Dementia**

Dr. Jane S. Smith, MD, notes that dementia can also be associated with depression. She emphasizes the importance of recognizing the signs of depression in individuals with dementia, as it can significantly impact their quality of life and treatment outcomes.

**Comprehensive Assessment of Depression**

Dr. John O. Brown, MD, underscores the need for a comprehensive assessment of depression in older adults, as it is often under-recognized and untreated. He highlights the importance of a multidisciplinary approach to depression management in older adults, which includes medication, psychological interventions, and lifestyle modifications.

**For More Information**

Dr. David W. Green, MD, provides additional resources and information on the management and prevention of depression in older adults, including links to relevant organizations and clinical guidelines. He also encourages healthcare providers to stay informed on the latest research and developments in the field.

**References**


**Additional Resources**

- Alzheimer's Association: https://www.alz.org
- National Institute on Aging: https://www.nia.nih.gov
- American Association for Geriatric Psychiatry: https://www.aagp.org

**Contact Information**

For questions or concerns, please contact the Alzheimer's Association at 1-800-272-3900, or visit https://www.alz.org.

"We laugh and joke, we stow, we grow," he said. "Compassionately makes we forget the woes of the world."

Mr. Wei, 85, who spent 40 years working for a global technology company, takes special care of those who have been similarly impacted by mental health issues. He says he personally lost his own battle against depression and anxiety, but he doesn't let that hold him back.

"It is heartbreaking to see others suffering, but it is possible to find hope," he said. "We must continue to support one another and offer hope for a better future."