

Seniors: Getting Motivated as We Move Into Spring

Thriving and Surviving Series

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Getting Motivated

After a long 2 years, we are all a little tired of talking about COVID and being socially distant.

Seniors may be more adversely affected and show increased signs of depression and anxiety.

Now that we are less impacted by COVID and moving into Spring, we need to look at a few things that we can do with our seniors that will reduce the feelings of loneliness and depression.

Plant a Garden



Health Benefits of Gardening

THE HEALTH BENEFITS OF GARDENING

Stress Relief



Gardening can help reduce the level of stress hormone Cortisol

Immunity Booster



Direct exposure to dirt and plants can help boost your immune system

Work Out



3 hours of moderate gardening could equal a 1 hour gym session

Bacteria Friends



Soil contains a natural antidepressant that can make us happier

Green Diet



Those who grow veggies are more conscious about having a healthy diet

Brain Health



One study revealed that daily gardening can reduce risk of dementia by 36%

Play with Your Pet



Health Benefits of Having a Pet

Health Benefits of Pets

REPORTED BY PET OWNERS AGE 50-80

79% Reduce stress

73% Provide a sense of purpose

65% Connect with others

64% Be physically active

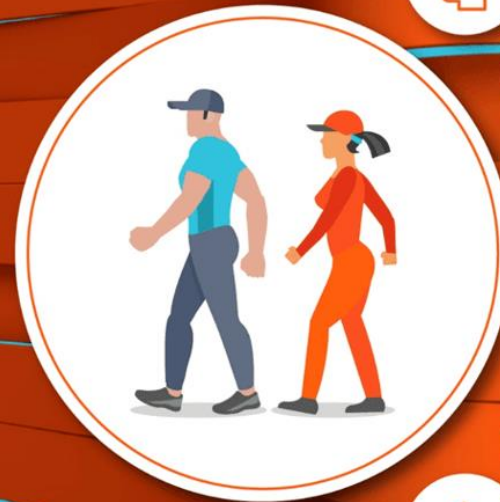


Take a Walk



Health Benefits of Walking

Benefits of Walking



Improves your mental health & keeps you energized and creative



Enhances your sleep quality



Helps you get fit



Increases your life longevity



Encourages your brain health & cognitive functions



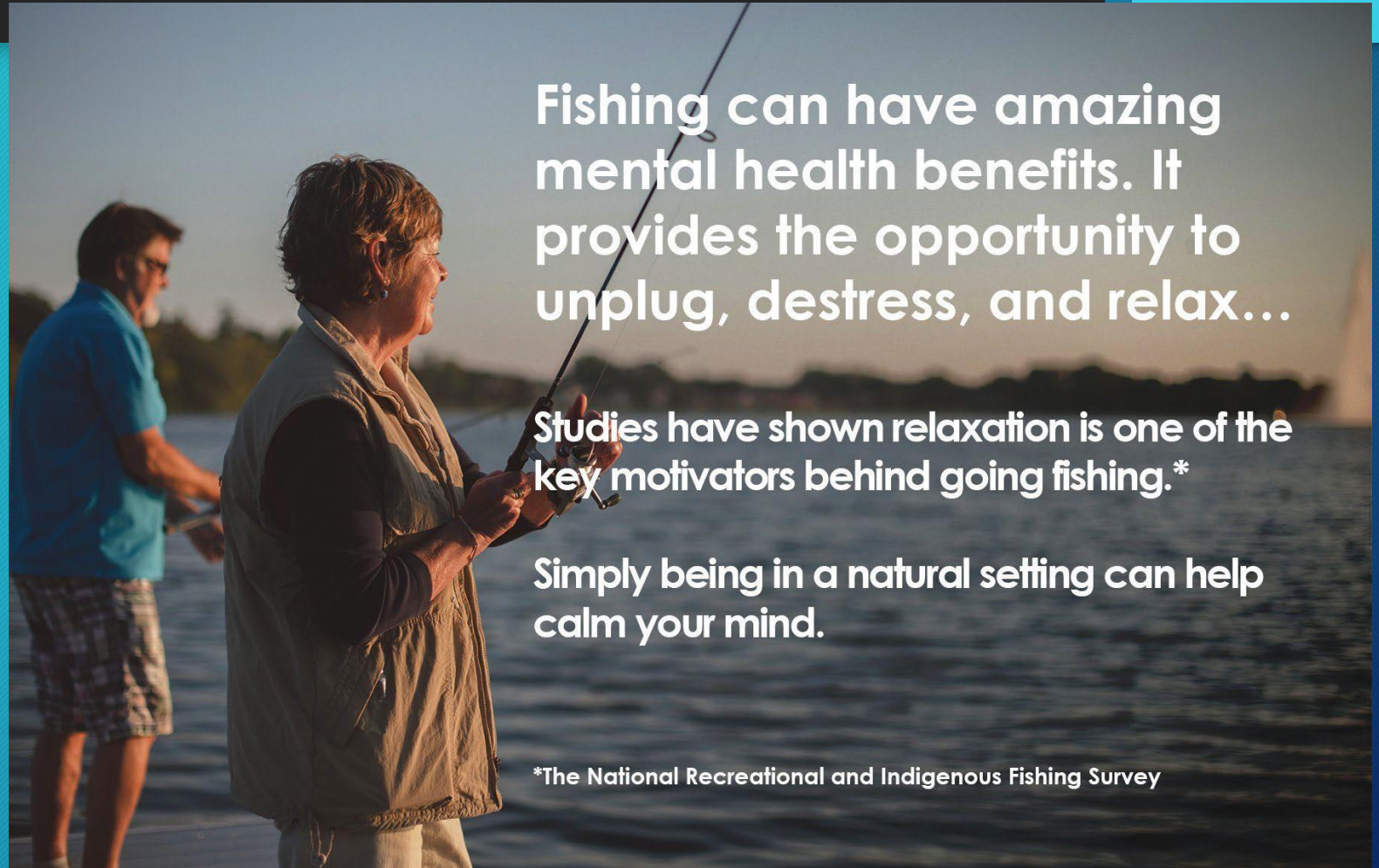
Boosts your immunity

Go Fishing



Health Benefits of Fishing

- Reduces stress
- Provides a good workout
- Improves cardiac function
- Improves focus and concentration
- Improves overall fitness
- It's social



Fishing can have amazing mental health benefits. It provides the opportunity to unplug, destress, and relax...

Studies have shown relaxation is one of the key motivators behind going fishing.*

Simply being in a natural setting can help calm your mind.

*The National Recreational and Indigenous Fishing Survey

Socialize in a Club or Church



Health Benefits of Social Groups

- Provide companionship
- Cheap to run
- Empower people
- Information sharing
- Emotional identification
- Find and be role models
- Provide "safe place"
- Comfortable setting
- Reduces anxiety, stress

Why is This Important

RURAL SENIORS AND MENTAL HEALTH



Approximately **1 in 5** seniors experience *mental health concerns*.



More than **2 MILLION** Americans age 65 and older suffer from some form of *depression*.

Mental illnesses are common among older adults in **rural areas**, affecting up to **25%** of that population.



ONE IN THREE

senior widows/widowers meet criteria for *depression* in the first month after the death of their spouse. **HALF** of these individuals remain clinically depressed *after one year*.

Comprising **only 13%** of the American population, individuals aged 65 and older account for **20%** of all suicides.



Make Senior Mental Health a Priority

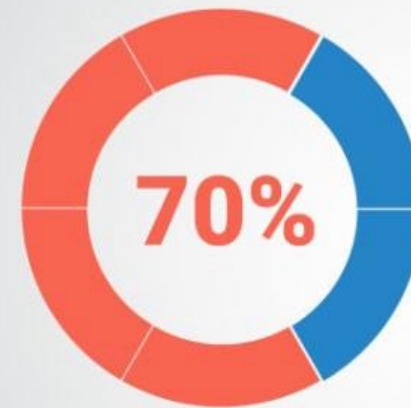
Depression Over the Age of 65

Depression affects more than 6.5 million of the Americans aged 65 or older.



6.5 million

Depression can lead to cognitive impairment which has an increased risk of developing Alzheimer's or other forms of dementia.



Women are 70% more likely than men to experience depression symptoms.



Depression is more common in seniors who have another illness or a health incident that may have limited their abilities.

Depression is not a normal sign of aging.



Depression in seniors often goes undiagnosed.

Depression in older adults often goes untreated because it is often characterized as a normal part of aging. Depression symptoms in seniors may be different than the symptoms of depression for people under the age of 65. They can include memory problems, pain and delusions among other more common symptoms.



Any Questions, Comments, or Suggestions