

# Healthy IDEAS

## *Identifying Depression, Empowering Activities for Seniors*

Healthy IDEAS is an evidence-based program that integrates depression awareness and management into existing case management services provided to older adults. This program addresses depression in older adults often occurring with chronic illness and other losses later in life. Depression can negatively affect older adults' quality of life and ability to function. Healthy IDEAS ensures older adults get the help they need to manage symptoms of depression and live full lives.

Healthy IDEAS improves quality of life by:

- Screening for symptoms of depression and assessing their severity
- Educating older adults and caregivers about depression
- Linking older adults to primary care and mental health providers
- Empowering older adults to manage their depression through a behavioral activation approach that encourages involvement in meaningful activities.

Healthy IDEAS is a national model with measurable results and demonstrated benefits for older adults, service providers, and community mental/behavioral health practitioners.

### **For Older Adults**

- Fewer symptoms of depression
- Decreased physical pain
- Better ability to recognize and self-treat symptoms
- Improved well-being through achievement of personal goals

### **For Service Providers**

- Expanded capacity to address depression
- Better communication and stronger partnerships with mental health providers
- Opportunity to deliver a proven, successful program that addresses critical client needs
- Improved staff knowledge and confidence in helping clients

### **For Community Mental/Behavioral Health Partners**

- Increased opportunity to work with diverse populations of older adults
- Strengthened connections to community agencies
- Greater opportunity to reach and help underserved older adults

### **More Information**

For more information call 978-946-1211 or visit [www.healthyliving4me.org](http://www.healthyliving4me.org) or [www.healthyideasprograms.org](http://www.healthyideasprograms.org).

