



## **Mental Health and Aging**

See Also: [Suicide and the Elderly](#), [Alcohol Abuse](#), and [Alzheimer's Disease and Related Dementia](#)

Mental health is a reflection of one's psychological well-being and their ability to contribute intellectually to functions of daily living regardless of their physical health or disability. Although some cognitive functions decline as a normal course of aging, loss of mental functioning may be reversible when diagnosed and treated by professionals. The most common late life mental health condition is depression and is treatable. Dementia can be created by prescription drug interactions or as a result of arterial sclerosis and can in most case be reversed. There is hope that in the near future dementia caused in later states of Parkinson's Disease and in Alzheimer's can be arrested and even cured with treatment. The links below include federal research and consumer programs, national professional and advocacy organizations, and academic programs.

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### Consumer Information on Aging and Mental Health

#### **If You Are Over 65 and Feeling Depressed: Treatment Brings New Hope**

(U.S. National Institute of Mental Health)

<http://www.nimh.nih.gov/publicat/over65.cfm>

### **Depression in Late Life: Not A Natural Part of Aging**

(American Association of Geriatric Psychiatry)

[http://www.aagpgpa.org/p\\_c/depression2.asp](http://www.aagpgpa.org/p_c/depression2.asp)

### **Late Life Depression Fact Sheet**

(American Association of Geriatric Psychiatry)

[http://www.aagpgpa.org/p\\_c/depression.asp](http://www.aagpgpa.org/p_c/depression.asp)

### **Role of the Geriatric Psychiatrist**

(American Association of Geriatric Psychiatry)

[http://66.34.184.182/p\\_c/psychrole.asp](http://66.34.184.182/p_c/psychrole.asp)

### **Depression in Older Persons**

(National Alliance for the Mentally Ill)

<http://www.nami.org/helpline/elddepres.htm>

### **Depression in Later Life Depression – A Treatable Disease**

(National Academy for an Aging Society)

<http://ihcrp.georgetown.edu/agingsociety/pdfs/depression.pdf>

### **Medicare and Your Mental Health Benefits**

(Centers for Medicare and Medicaid Services)

<http://www.medicare.gov/Publications/Pubs/pdf/mental.pdf>

### **Depression in Later Life**

(National Mental Health Organization)

<http://www.nmha.org/infoctr/factsheets/22.cfm>

### **How Stress Affects the Body**

(American Medical Women's Association)

<http://www.amwa-doc.org/publications/WCHHealthbook/stressamwa-ch09.html>

### **Identifying and Coping with Depression – Women and Aging Newsletter**

(National Policy and Resource Center on Women and Aging)

<http://heller.brandeis.edu/national/depres.htm>

### **About Depression**

(Health and Aging, Novartis Gerontology Foundation)

<http://www.healthandage.com/Home/gm=0!gc=7!gid21=4>

### **Mental Health and Aging - MYTH: Most Older People have a Mental Health Problem And Need Mental Health Treatment**

(University of Missouri at Kansas City)

<http://iml.umkc.edu/casww/depressn.htm>

### **Depression in the Elderly**

(Dr. Ivan's Depression Central)

<http://www.psycom.net/depression.central.elderly.html>

**Depression**

(National Institute for Mental Health)

<http://www.nimh.nih.gov/publicat/depressionmenu.cfm>

**Older Adults - Depression and Suicide Facts**

(National Institute on Mental Health)

<http://www.nimh.nih.gov/publicat/elderlydepsuicide.cfm>

**Elderly Multi-Infarct Dementia**

(National Mental Health Association)

<http://www.nmha.org/infoctr/factsheets/102.cfm>

**Medications and Mental Disorders**

(National Institute of Mental Health)

<http://www.nimh.nih.gov/publicat/medmenu.cfm>

**At Home - Strategies for Serving Older People with Mental Disabilities in the Community**

(Brazelton Center for Mental Health Law)

<http://www.bazelon.org/athome.html>

**Consumer Information on Mental Health****Holiday Depression and Stress**

(National Mental Health Association)

<http://www.nmha.org/infoctr/factsheets/103.cfm>

**Coping With Loss - Bereavement and Grief**

(National Mental Health Association)

<http://www.nmha.org/infoctr/factsheets/42.cfm>

**Psychiatric Advance Directive**

(Brazelton Center for Mental Health Law)

<http://www.bazelon.org/advdir.html>

**Mental Illness in the Family Recognizing the Warning Signs of Mental Illness**

(National Mental Health Association)

<http://www.nmha.org/infoctr/factsheets/11.cfm>

**Mental Illness and the Family: Part II: Finding the Right**

Mental Health Care For You

(National Mental Health Association)

<http://www.nmha.org/infoctr/factsheets/12.cfm>

**Getting Affordable Mental Health Care**

(Medicare Rights Center)

<http://www.medicarerights.org/factsandfaces5.html>

## Statistics

### **Percent of adults aged 18 years and over who experienced serious psychological distress during the past 30 days, by age group and sex: United States, January-September 2002**

(National Center for Health Statistics, U.S. Centers for Disease Prevention)

<http://www.cdc.gov/nchs/data/nhis/earlyrelease/earlyrelease200303.pdf> - figure 13.2

### **Older American's Mental Health Week Statistics**

(Older Women's League)

<http://www.owl-national.org/mentalhealthweek/statistics.html>

## Practitioner Information

### **When to Refer Depressed Elderly Patients to a Geriatric Psychiatrist**

(American Association of Geriatric Psychiatry)

[http://www.aagpgpa.org/prof/facts\\_referral.asp](http://www.aagpgpa.org/prof/facts_referral.asp)

### **What Practitioners Should Know About Working with Older Adults**

(American Psychological Association)

<http://www.apa.org/pi/aging/practitioners.pdf>

### **Treatment of Depression – New Pharmacotherapies, Evidence Report/Technology Assessment: Number 7**

(Agency for Health Care Research and Quality)

<http://www.ahrq.gov/clinic/deprsumm.htm>

### **Depression in Late Life: Not a Natural Part of Aging**

(American Association for Geriatric Psychiatry)

[http://www.aagponline.org/p\\_c/depression2.asp](http://www.aagponline.org/p_c/depression2.asp)

## Federal Government Reports on Mental Health and Aging

### **Senior Depression: Life-Saving Mental Health Treatments for Older Americans - Hearing (July 2003)**

(U.S. Special Committee on Aging)

<http://www.senate.gov/~aging/index.cfm?Fuseaction=Hearings.Detail&HearingID=29>

### **President's New Freedom Commission on Mental Health**

(White House)

<http://www.whitehouse.gov/news/releases/2002/04/20020429-2.html>

### **Surgeon General Report on Mental Health: Chapter 5 – Older Adults**

(U.S. Surgeon General, Department of Health and Human Services)

<http://www.surgeongeneral.gov/library/mentalhealth/toc.html> - chapter 5

**Mental Health: Culture, Race, and Ethnicity: A Supplement to Mental Health: A Report of the Surgeon General**

(U.S. Department of Health and Human Services)

<http://www.surgeongeneral.gov/library/mentalhealth/cre/sma-01-3613.pdf>

**Mental Health for a Lifetime – Research for the Mental Health Needs of Older Americans (2003)**

(National Institute of Mental Health)

<http://www.nimh.nih.gov/council/agingreport.pdf>

**Mandated Managed Care: Changes in Medicaid Mental Health Services**

(Office of the Inspector General, U.S. Department of Health and Human Services)

<http://oig.hhs.gov/oei/reports/oei-04-97-00340.pdf>

**Mandated Managed Care: Early Lessons Learned by Medicaid Mental Health Programs**

(Office of the Inspector General, U.S. Department of Health and Human Services)

<http://oig.hhs.gov/oei/reports/oei-04-97-00343.pdf>

**Medicare Part B Payments for Mental Health Services**

(Office of the Inspector General, U.S. Department of Health and Human Services)

<http://oig.hhs.gov/oei/reports/oei-03-99-00130.pdf>

**Medicare Carriers' Policies for Mental Health Services**

(Office of the Inspector General, U.S. Department of Health and Human Services)

<http://oig.hhs.gov/oei/reports/oei-03-99-00132.pdf>

**A Guide for Older Adults**

(Center for Mental Health Services)

<http://www.mentalhealth.org/publications/allpubs/KEN-01-0094/default.asp>

**Federal Programs and Information Centers**

**Depression – Medline Plus**

(National Library of Medicine)

<http://www.nlm.nih.gov/medlineplus/depression.html>

**National Institute of Mental Health**

<http://www.nimh.nih.gov/>

**Depression Research at the National Institute of Mental Health**

(National Institute of Mental Health)

<http://www.nimh.nih.gov/publicat/depresfact.cfm>

**National Mental Health Services and Knowledge Exchange Network**

(U.S. Substance Abuse and Mental Health Administration)

<http://www.mentalhealth.org/>

**Mental Health Services Locator**

(National Mental Health Services and Knowledge Exchange Network)

<http://www.mentalhealth.org/databases/MHSSearchnew.asp>

**National Resource Center on Homelessness and Mental Illness**

(U.S. Substance Abuse and Mental Health Administration)

<http://www.nrchmi.samhsa.gov/>

**National Aging Mental Health Organizations**

**National Mental Health Consumers' Self Help Clearinghouse**

<http://www.mhselfhelp.org/>

**Older Adult Consumer Mental Health Alliance**

<http://www.oacmha.com/>

**Mental Health and Aging Advocacy Project**

<http://www.mhaging.org/>

**Mental Health and Aging Network**

(American Society for Aging)

<http://www.asaging.org/mhan.html>

**Adult Development and Aging Division**

(American Psychological Association)

<http://aging.ufl.edu/apadiv20/apadiv20.htm>

**American Association for Geriatric Psychiatry**

<http://www.aagpgpa.org/>

**Older Persons Division – State Mental Health Programs for Older Persons**

(National Association of State Mental Health Administrators)

<http://www.nasmhpd.org/olderdiv.htm>

**Psychogeriatrics - The World of Mental Health and Aging**

(International Psychogeriatrics Association)

<http://www.ipa-online.org/ipaonlinev3/home/default.asp>

**Mental Health and Aging State Coalitions and Programs**

**National Mental Health and Aging Coalition**

<http://www.ncmha.org/index.php3>

**Building State and Community Mental Health and Aging Coalitions**

(National Coalition on Mental Health and Aging)

<http://www.empowermentzone.com/coalesce.txt>

## **Promoting Older Adult Health**

(National Council on Aging)

<http://206.112.84.147/content.cfm?sectionID=96&detail=111>

## **Directory of Aging Coalitions**

(National Coalition on Mental Health and Aging)

<http://www277.pair.com/ncmha/coalitions.php3>

## **Arizona**

### **Behavioral Health and Aging Coalition**

<http://www.hs.state.az.us/bhs/aging.htm>

## **Arkansas**

### **Arkansas Coalition on Mental Wellness and Successful Aging**

<http://hometown.aol.com/kkundahl/myhomepage/profile.html>

## **Florida**

### **Florida Coalition for Optimal Mental Health and Aging**

<http://www.fmhi.usf.edu/coalition/>

## **Illinois**

### **Southern Illinois Mental Health and Aging Coalition**

(Egyptian Area Agency on Aging)

<http://www.egyptianaaa.org/Research-MentalHealthDemo.htm>

## **Indiana**

### **Indiana Mental Health and Aging Coalition**

<http://www.mentalhealthassociation.com/aging.htm>

## **Kansas**

### **A Mental Health Guide for Older Kansans and Their Families**

(Kansas Departments on Aging and Social and Rehabilitation Services)

<http://www.oznet.ksu.edu/mhaging/>

## **North Carolina**

### **Specialized Services for Older Adults**

Area Mental Health Programs in North Carolina

(University of North Carolina)

<http://ssw.unc.edu/cares/gmh/gmhopen.htm>

## Oklahoma

### **Oklahoma Mental Health and Aging Coalition**

<http://home.swbell.net/okbobber/>

## Key National Mental Health Organizations

### **American Psychological Association**

<http://www.apa.org/>

### **National Mental Health Association**

<http://www.nmha.org/>

#### **Affiliates (Local Chapters)**

<http://www.nmha.org/affiliates/index.cfm>

### **Depression and Bipolar Support Alliance**

<http://www.ndmda.org/>

#### **Support Groups Directory**

<http://www.dbsalliance.org/Info/findsupport.html>

### **National Mental Health Consumers' Self-Help Clearinghouse**

<http://www.mhselfhelp.org/index.html>

### **Bazelton Center for Mental Health Law**

<http://www.bazelon.org/>

### **National Association of State Mental Health Directors**

Research Institute

<http://nri.rdmc.org/>

## Academic Sites

### **Center for Mental Health and Aging**

(University of Alabama)

<http://cmha.ua.edu/>

### **Louis De Parte Mental Health Institute**

Department of Aging and Mental Health

(University of South Florida)

<http://www.fmhi.usf.edu/amh/statement.html>

### **Fuqua Center for Late-Life Depression**

(Emory University)

<http://www.emoryhealthcare.org/departments/fuqua/>

### **Journal of Mental Health and Aging**

(University of Florida)

<http://www.fmhi.usf.edu/amh/journal/home.html>

**Research Goals of the Intervention Research Center for the Study of Late Life Mood Disorders**

(University of Pittsburgh Medical Center)

<http://www.upmc.edu/healthmed/services/SeniorServices/IRCresearch.htm>

**Center for Mental Health Policy and Services Research**

(University of Pennsylvania Health System)

<http://www.uphs.upenn.edu/cmhpsr/>

**Benedum Geriatric Center**

(Department of Psychiatry, University of Pittsburgh)

<http://www.wpic.pitt.edu/clinical/CLINSERV/benedum.HTM>

**Clinical Centers**

**Geriatric Program at Institute for Living**

(Hartford Hospital) [CT]

[http://www.instituteofliving.org/Programs/geriatric\\_program.htm](http://www.instituteofliving.org/Programs/geriatric_program.htm)

**Research and Media Articles**

**Mental Health and Aging Event: Addressing the Unmet Needs of America's Elderly**  
[Power Point]

(National Committee for the Preservation of Social Security and Medicare)

<http://www.ncpssm.org/MentalHealthPresents.html>

**The Medicare Mental Health Modernization Act of 2001 Will Enable More Seniors to Get Needed Care**

(National Mental Health Association)

<http://www.mhanj.org/News/medicare.htm>

**Barriers to Community Integration of Older Adults with Mental Illnesses and Recommendations for Change**

(Brazelton Center for Mental Health Law)

<http://www.bazelon.org/issues/elders/publications/lastinline.htm>

**Questionnaire:**

[http://www.bazelon.org/issues/elders/publications/lastinline\\_statesurvey.htm](http://www.bazelon.org/issues/elders/publications/lastinline_statesurvey.htm)

**Improving Depression Care for Elders**

(John Hartford Foundation)

[http://www.jhartfound.org/grants/improving\\_depression.htm](http://www.jhartfound.org/grants/improving_depression.htm)

**Overlooked and Underserved: Elders in Need of Mental Health Care**

(Mental Health and Aging)

<http://www.mhaging.org/info/olus.html>

## **Depression More Dangerous For Elderly Men Than Women**

(American Association for the Advancement of Science)

[http://www.eurekalert.org/pub\\_releases/2002-11/cfta-dmd112602.php](http://www.eurekalert.org/pub_releases/2002-11/cfta-dmd112602.php)

## **Treatment of Dysthymia and Minor Depression in Primary Care [abstract]**

(Journal of the American Medical Association)

<http://jama.ama-assn.org/cgi/content/abstract/284/12/1519>

## **Mental Illness and the Elderly: The Forecast is Crisis**

(University of California, San Diego)

<http://ucsdnews.ucsd.edu/newsrel/health/jeste.htm>

## **Depression Scales and Screening**

### **A Simple Screening Tool for Depression**

(Health and Age, Novartis Foundation for Gerontology)

<http://www.healthandage.com/Home/gm=4!gk=130;jsessionid=Pf9Un3Wzqfpv3N2X6xUpUXLvZjGipelK2inVUhS34dQPB9usIYFf!-1876781208!174479252!7537!7002>

### **Geriatric Depression Scale**

(Stanford University)

<http://www.stanford.edu/~yesavage/GDS.html>

### **Beck Depression Inventory**

(Family Practice Notebook)

<http://www.fpnotebook.com/PSY85.htm>

BMC: 01/08/04

## **Center for Communications and Consumer Services**

U.S. Administration on Aging

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FAX 202-357-3723

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Email: [aoainfo@aoa.gov](mailto:aoainfo@aoa.gov)