

As people age, they may experience certain life changes that impact their mental health, such as coping with a serious illness or losing a loved one.

Although many people will adjust to these life changes, some may experience feelings of grief, social isolation, or loneliness. When these feelings persist, they can lead to mental illness, such as depression or anxiety.



One in four older adults experience issues with their mental health. The most common issues are depression, dementia, substance abuse, anxiety, and suicide. Social isolation and loneliness are contributing factors. They've been linked to high blood pressure, obesity, heart disease, Alzheimer's, and cognitive decline. During this week, we will discuss the symptoms/warning signs, steps you can take, support you can offer, and resources that are available. We hope that you will join VerdeCares again tomorrow to delve into the symptoms/warning signs to watch for in yourself and your loved ones.

