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Elderly Mental Health

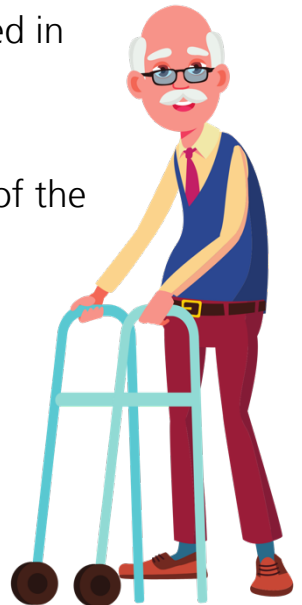


How to take care of elderly mental health?

Mental health is an essential element in the lives of the elderly, playing a vital role in their quality of life and well-being. These individuals face specific challenges related to physical changes, loss of loved ones, and social isolation, which increase the likelihood of developing psychological issues such as depression and anxiety.

With scientific and medical advancements, the average human lifespan has significantly increased in the current era compared to the past.

Therefore, caring for the mental health of the elderly has become an urgent necessity.



How to take care of elderly mental health?

Elderly represent an important part of society. According to statistics, there were one billion people over the age of sixty in 2020, and this number is expected to rise to 1.4 billion by 2030. This means that one in every six people will be in this age group. By 2050, it is expected that the number of individuals over 60 years old will reach 2.1 billion, with the number of those **over 80** expected to triple to **426 million**.



What are the challenges that elderly face?

❖ Social Isolation:

As individuals age, they may face difficulties in social interaction due to the loss of friends or family.

❖ Physical Changes:

Chronic illnesses and physical disabilities can negatively impact mental health.

❖ Loss of Identity:

Seniors may feel a loss of meaning or identity after retirement or changes in their roles within the family.



What are the strategies to Enhance Elderly Mental Health?

❖ Social Support:

Encouraging seniors to participate in social activities and connect with friends and family.

❖ Physical Activity:

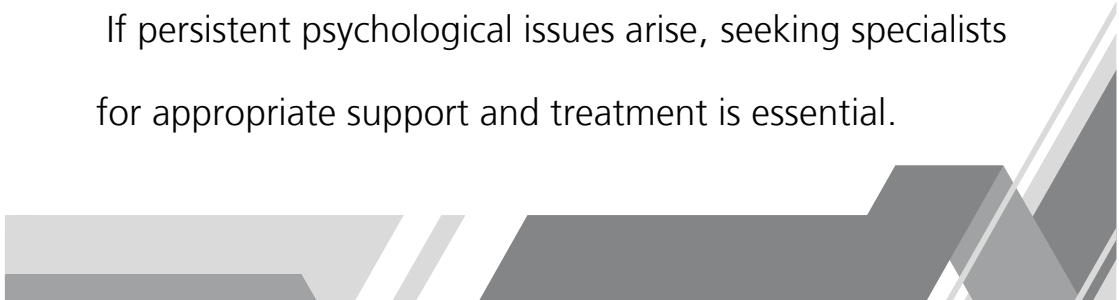
Regular exercise contributes to improving mood and enhancing feelings of well-being.

❖ Expressing Emotions:

Providing a safe space for expressing feelings and discussing challenges helps reduce psychological stress.

❖ Professional Help:

If persistent psychological issues arise, seeking specialists for appropriate support and treatment is essential.



What are the Mood Changes reasons in the Elderly?

The mood of the elderly can be affected by several factors. Understanding these factors can help provide better support and care for them.

❖ Physical Changes:

Chronic Pain Persistent chronic pain can negatively impact mood and increase the risk of depression.

❖ Environmental Changes:

○ Moving to Care Facilities:

Transitioning to a new home or care facility can be a stressful experience that affects mood.



What are the Mood Changes reasons in the Elderly?

❖ Environmental Changes:

- Changes in Routine:

Any alteration in daily routines or habits can be frustrating.

❖ Chemical Changes in the Brain:

- Hormonal Changes:

With aging, changes in levels of certain hormones and brain chemicals can affect mood.



What are the Mood Changes reasons in the Elderly?

❖ Nutrition

- Malnutrition:

A deficiency in essential nutrients can impact mental health, and an unbalanced diet can lead to mood changes.

❖ Medications:

- Side Effects:

Some medications may negatively affect mood, leading to feelings of anxiety or depression.



What are the common Symptoms of Mental Disorders in the Elderly?

❖ Depression:

Feelings of sadness, hopelessness, silence, and slowed speech and movement.

❖ Anxiety: Excessive:

persistent worry about multiple events, along with irritability, muscle pain, sleep problems, or easy fatigue.

❖ Alzheimer's Disease:

Forgetfulness that affects daily functioning, getting lost in familiar places, and repeating the same phrases or questions.



What are the common Symptoms of Mental Disorders in the Elderly?

❖ Cognitive Confusion/Delirium:

Difficulty maintaining attention and focus, easy distraction, and rapid changes in cognitive abilities like language and memory. Symptoms of delirium are sudden and not continuous.

Psychological issues are common among the elderly, with around 14% of adults over 60 experiencing these challenges. Mental health is an integral part of overall health for seniors. It is essential to adopt a comprehensive approach that focuses on social and psychological support to enhance their well-being and improve their quality of life. By understanding the challenges and opportunities available, we can work towards creating an environment that supports their mental health.

Sources and References:

Ministry of Health and World Health Organization

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