

Treatment Guidelines for Major Depression in Older Adults



CCSMH
Canadian Coalition for
Seniors' Mental Health

CCSMPA
Coalition canadienne pour la
santé mentale des personnes âgées

Prevention

For all older adults:

- Reducing isolation
- Physical activity
- Eating well
- Social activities
- Community involvement
- Mindfulness
- Reminiscence Therapy
- Self-Help CBT

For complete treatment
guidelines visit
www.ccsmh.ca



Assessment

In older adults consider:

- Prolonged bereavement
- Social isolation
- Chronic illness
- Memory difficulties
- Recurrent or prolonged hospitalization
- Dx of Parkinson's, dementia or stroke
- Recent placement in long term care
- Sleep, self-care and diet
- Recent onset anxiety



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Stepped-Care Treatment

Psychosocial

For example:

- Reducing isolation
- Physical activity
- Eating well
- Mindfulness

Psychotherapy

For example:

- Brief Supportive counseling
- Cognitive Behaviour Therapy
- Problem Solving Therapy

Stepped Care Treatment focuses on using the least intensive and most effective level of intervention with regular reassessment.

Education/Self-Help

For example:

- Psychoeducation
- Self-Help books
- Online Self-Help CBT

Psychopharmacology

- Duloxetine or sertraline are recommended as first-line
- Escitalopram or citalopram are alternatives
- Consider anti-cholinergic effects and drug interactions

This infographic is intended for educational purposes and not as a treatment plan. For the complete, updated treatment guidelines please scan the code or visit www.ccsmh.ca/projects/depression