



## Depression and Dementia



**“Depression is being colorblind and constantly told how colorful the world is.” - Atticus**

Depression, like many ailments, may manifest itself differently in the elderly than it would in a younger person. Recognizing and treating depression is critical because prolonged depression can lead to physiological symptoms and even loss of function. That is one reason why it’s so important to not just attribute symptoms of depression to just “old age”.

Due to an overlap in some symptoms, depression can often be mistaken for dementia and therein lies the problem.

Some signs of depression that often occur in people with dementia:

- Social withdrawal
- Forgetfulness
- Irritability
- Loss of interest
- Changes in sleeping and/or eating habits
- Changes in emotions
- Excessive fatigue



How to differentiate between depression and dementia so the right diagnosis and appropriate treatment plan can be made is key.



There is no single test or questionnaire to detect depression. Diagnosis requires a thorough evaluation by a medical professional, especially since side effects of medications and some medical conditions can produce similar symptoms. Rizzi Mental Health Associates can help diagnose and treat both dementia and depression. We work with families and caregivers to support patients and loved ones to achieve the best quality of life possible.

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