

A piece of the puzzle

Information for professionals
in older adult mental health



*helping you solve your puzzle
so all the pieces fall into place*

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Mood Disorders: Resources and References

National Institutes of Health / National Institute on Aging: Depression and Older Adults – from <https://www.nia.nih.gov/health/depression-and-older-adults>

Hartford Institute for Geriatric Nursing: List of resources available on their website – from [https://www.ihonahartford.org/images/uploads/resources/HIGN_Resources_List_03_13\(2\).pdf](https://www.ihonahartford.org/images/uploads/resources/HIGN_Resources_List_03_13(2).pdf)

Hartford Institute for Geriatric Nursing: List of Assessments for Older Adults – from <http://micmrc.org/system/files/Hartford%20Institute%20Geriatric%20%20Nursing%20Assessment%20Resources.pdf>

Don't know how the SLUMS did not make this list – it is available at http://medschool.slu.edu/agingsuccessfully/pdfsurveys/slumsexam_05.pdf

Geriatric Depression Scale – Try *This* article and form: <https://consultgeri.org/try-this/general-assessment/issue-4.pdfText>

Longer article with case studies: https://www.nursingcenter.com/cearticle?an=00000446-200710000-00032&Journal_ID=54030&Issue_ID=743761#P25

Cognitive Behavioral Therapy for Older Adults – from https://geriatricscareonline.org/application/content/products/M005/pdf/DAY3/F024_245_Conti.pdf

How to Adapt CBT for Older Adults – from https://www.researchgate.net/publication/281976181_How_to_Adapt_CBT_for_Older_Adults

Dignity Therapy: a life review psychotherapy focused on creating a legacy document to alleviate end-of-life distress – from <http://www.dignitytherapy.com/>

Social Interventions for Depression - From <https://www.psychiatry.org/news-room/apa-blogs/apa-blog/2018/02/social-interventions-for-depression>

Late Life Depression: Protective Factors – From <http://ijpsychiatrybs.com/en/articles/10652.html>