

The following are the results of the geriatric depression screenings provided by OMHAC at the annual Aging Conference on Senior Day, May 10th.

**Participants screened: Total = 31**

**Gender: 13% Male (T=4)**

**87% Female (T=27)**

**Depression screening results:**

- 61% scored within normal range (T=19)**
- 29% scored indicating mild depressive symptoms (T=9)**
- 10% scored indicating moderate depressive symptoms (T=3)**
- No scores indicating severe depressive symptoms**

Senior attendees at the conference on Senior Day are estimated at 700. While less than 5% of attendees participated in the screenings, the results are both impressive and revealing. While the national estimate of seniors with depression is 1 in 4, or 25%. the geriatric depression screenings in Oklahoma have consistently produced higher percentages, usually around 30 plus %. The scores on May 10th indicated depressive symptoms in **39%** of our participants. It is important to remember that these participants are active, mobile and interested seniors who present and interact well.

I sincerely thank Patty Porter, Mercy Senior Health, Terri Thornhill, ODMHSAS, OHCA and Morgan Rogers, Inspirations Outpatient Counseling as volunteer therapists at the screenings and OMHAC members.

**Karen Orsi, Director**

**Oklahoma Mental Health and Aging Coalition**

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***Advancing the wellness of older adults  
by promoting mental health***