



SENIORS WITH MENTAL HEALTH AND ADDICTION ISSUES

- § Physical and mental health interconnected
- § Seniors experience “Double Jeopardy”
- § Mental disorders NOT normal or necessary
- § Can cause needless suffering
- § Can cause premature death
- § Symptoms often misdiagnosed
- § Leads to 2X health care costs
- § Silent epidemic
- § Seniors under-utilize system
- § 1 in 4 seniors have specific mental health needs
- § 1 in 4 hospital admissions w/substance abuse or mental health disorder and majority are older adults
- § Mental disorders can worsen other chronic conditions
- § Effects – prolonged suffering, decline in cognitive and medical status, increased disability, increase fall risk, self-neglect, social isolation, loss of independence
- § May cause loss of independence, institutionalization, suicide, excessive service use, unnecessary nursing home placement, higher health care costs
- § 50-90% of primary care visits related to behavioral functioning and emotional issues
- § Reduces, not increased, health care costs
- § 70-90% recovery rate/ significant symptom reduction
- § Anxiety, depression, addictions, dementia-Alzheimer’s most common
- § Addictions include substance abuse, medication misuse, gambling
- § Depression more damaging than angina, arthritis, asthma, diabetes
- ?2X as deadly as AIDS
- ?Can lead to suicide
- ?Can increase risks of heart disease, stroke, diabetes
- ?Linked to higher mortality rates following stroke
- ?Linked to slower hip surgery rehab
- § 25% misuse or abuse alcohol, drugs or prescription meds
- § Adverse drug events linked to depression, falls, constipation, immobility and confusion
- § Oklahoma suicide rate 2X homicide rate
- § Seniors have highest rate in country
- ?Link between depression and suicide closer in old age than middle age
- ?Lethal methods
- ?40% committed suicide within one week of visiting physician

RECOVERY IS NOT AGE LIMITED

OKLAHOMA MENTAL HEALTH AND AGING COALITION www.omhac.org
 KAREN ORSI, DIRECTOR 405-942-8500 korsi@areawideaging.org



Areawide Aging Agency