

# Task Force on AD AD and Mental Health 4/17/15

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# Background

- By 2050, number of AD patients will triple from 5M to 15M; number of AD caregivers will also triple from 15M to 45M
- By 2050, number of seniors ( $\geq 60-65$ ) will also triple
- 15-20% of seniors have a diagnosable mental illness
- One-third to nearly one-half of mental illness in seniors is undiagnosed and untreated
  - Lack of education and stigma
  - Un- or underdiagnosed by primary care providers
  - Shortage of mental health practitioners (psychiatrists, clinical psychologists, social workers, and licensed professional counselors)
  - Poor mental health benefits

# Mental health disorders in seniors

- Depressive disorders
- Dementia
- Anxiety disorders
- Substance use/abuse/addiction
- Other
  - Bipolar disorder
  - Psychotic disorders
  - Other

# Suicide

- 60% of individuals who complete suicide have depression
- One in four completed suicides occur in seniors
- The most likely subgroup of individuals to complete suicide is senior men

# Causative factors for mental health disorders in seniors

- Loss of independence (being a burden)
- Limited mobility
- Chronic pain
- Substance abuse
- Frailty
- Grief, loss, and life transitions
- Decrease in income
- Loneliness and isolation
- Disability
- Elder abuse
- Malnutrition
- Medications
- Medical illness
  - Cancer
  - Cardiovascular disease
  - Pulmonary disease
  - Renal/adrenal, and other endocrine diseases

# Mental health disorders in Alzheimer's

## **Patient**

- At least 25% have depression
- Similar number with anxiety
- Related issues – neuropsychiatric symptoms and behavioral problems

## **Caregiver**

- Up to 70% have depression
- Up to 25% have anxiety
- Related issues – stress, anger, insomnia, other

# Issues related to the diagnosis and treatment of mental health disorders in Alzheimer's patients and caregivers

- Early Detection – screening for depression, anxiety, caregiver stress
- Diagnosis – assessment by mental health professional if screening positive
- Awareness – public education, professional education
- Education – public and professional
- Treatment – primary care providers, mental health professionals
  - Medication
  - Individual/couple/family counseling
  - Support groups
  - Respite care