

# HEALTHY IDEAS

**Identifying  
Depression  
Empowering  
Activities for  
Seniors**



**Depression affects more than 6.5 million of the 35 million Americans aged 65 or older.**



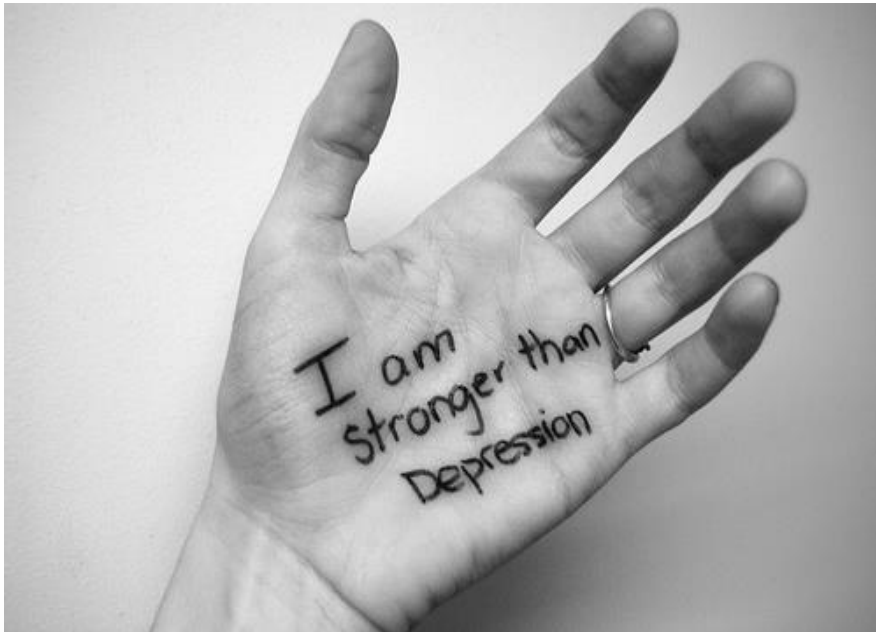


**Depression is not a normal part of aging.**



## Healthy Ideas

**An evidence-based depression program designed to detect & reduce the severity of depressive symptoms in older adults through existing community- and relationship-based services.**



## Buy-in From Community Supports





**Buy-in From  
Agency  
Staff: You  
want me to  
do WHAT?**



**After one year:**

**184 persons screened**

**12 people responded “Yes” to one of the  
two question depression screen**

**6 people scored in the moderate to severe  
depression on the Geriatric Depression Scale**

**2 people completed the Healthy Ideas  
Program**

**Mr. Jones**





# Contact Information

Healthy  
IDEAS



## Website:

<http://healthyideasnc.web.unc.edu>

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