



Grandparents Corner

November 2016

Teen Depression

Most individuals will go through their teens with feelings of ups and downs from time to time; whether faced with a lack of sleep from staying up too late, sadness from a recent break up, or even feelings of loneliness. When do the blues become a serious concern?

When a teen feels down for extended periods of time, becomes irritable and withdrawn, has trouble focusing on tasks, and loses interest in things they once enjoyed, it may mean your teen is suffering with depression. If symptoms don't go away, or seem to always come back, it's important to consider getting help.

Depression can affect teens in many ways. The first step in treating depression once it is recognized is to be there for your teen. Give them the emotional and social support they may otherwise feel they do not have. It's important to be patient with teens because depression can cause them to "act out". Be sure to give them the tools necessary to live a healthy lifestyle; proper nutrition, plenty of sleep, and physical activity. Finally, talk to your teen about depression; explaining to them that this is a medical condition that can be treated.

Next, it's important to consider getting help beyond what you can offer at home. This includes talk therapy, anti-depression medication, or a combination of both. A successful solution for depression will look different from one individual to the next. Talk therapy involves reaching out to a therapist or counselor with whom teens can discuss their feelings and concerns, as well as learning ways to deal with them. This can be in the form of cognitive-behavioral therapy, family therapy, or group therapy. It may take some trial and error to find the most effective and preferred form of therapy for your teen. Severe depression may require anti-depressant medication. Your provider needs to be made aware of all side effects the medications may cause for your teen. If the medication causes more depression or suicidal thoughts, get help immediately. If you see signs of suicide in your teen, call the suicide hotline: 1-800-SUICIDE.

Watching your child or teen suffer from depression can be difficult; however, you can give them the guidance and support they need to recover. Keep these tips in mind if you notice any changes in your children and teens, and get help when they need it.

Source: <https://medlineplus.gov/ency/patientinstructions/000646.htm>

By observing, you will be able to discover the abilities of a person living with Alzheimer's (AD). If we observe what the person can do and understand, instead of focusing on what they no longer can do, then we can better communicate, support, and care for them. Read the issue and answer True or False to the questions below.

1. *As much as 90 percent of our communication is nonverbal. T F*
2. *"Aphasia" is a word for problems with language: it can affect speaking, understanding speech, reading, and writing. T F*
3. *Keeping eye contact will not help communicating with a person with AD. T F*
4. *Communication problems get progressively worse over the course of the illness, until verbal communication becomes virtually impossible. T F*
5. *While people with AD continue to be able to read, they eventually do not understand what they are reading. T F*
6. *People with AD do not have difficulty following conversations when there are many speakers. T F*
7. *In the late stage, people with AD gradually lose their ability to speak and may make sounds or moans or facial expressions. T F*
8. *Music is used by specialized therapists to improve a person's physical and mental functioning. T F*
9. *To help demonstrate a task, point or touch the item you want the person to use while asking them to do the task. T F*
10. *Communication difficulties may appear more severe because the person may have hearing and vision loss as well as problems with judgment, impulse control, and planning. T F*

KEY: 1. T 2. T 3. F 4. T 5. T 6. F 7. T 8. T 9. T 10. T