

Did You Know...

Frequent mental distress and isolation increased during the pandemic.

* In older adults, the development of a disabling illness, loss of a spouse or loved one, retirement, moving out of the family home or other stressful event may bring about the onset of a depressive episode (NAMI, 2009).

* Symptoms of depression and anxiety in older Americans are often overlooked and untreated because they can coincide with other late life problems (APA, 2005).

* The most common risk factors for social isolation were being divorced, separated or widowed, followed by having a disability. (2021 Senior Report)

Funded through a grant from



And, with assistance from
Meals On Wheels



Program administered by
AGELESS COUNSELING, LLC
www.ageless-counseling.com



SENIOR SUPPORT
PROGRAM OF FAIRFIELD
COUNTY



614/369-7862
AGELESS.COUNSELING@GMAIL.
COM