### Older Adult Mental Health Basics Action Checklist

Depression, anxiety and other mental illnesses are **not** a normal part of aging.

**Anxiety** is the most common mental illness.

80% of older adults who get treatment for depression get better. Make sure older adults get access to treatment.

**It’s not about you**
The odd or aggressive actions you deal with are caused by an illness.

**Ask for help** when working with residents who seem to thrive on conflict or require constant attention for every need.

Try to **find the unmet need** triggering a behavior or call for attention.

Symptoms you believe are a signs of a mental illness **may actually be caused by brain injuries, dementia or from medication side effects**.

Report **changes in a person’s sleeping, eating or participation in activities**. These could be early signs of a treatable mental illness.