

TOPIC:

Depression After Stroke



Depression After Stroke



Smart Tips
for Stroke Care

- 1 in 3 people will experience depression after stroke
- Is a mood disorder that can occur following an injury to the brain
- Can affect how an individual thinks, feels or behaves
- Does not go away on its own and requires treatment

Depression After Stroke



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What you should know:

Early recognition
is key!

- ✓ Risk is greatest in the first 3-6 months
- ✓ Signs of depression can be mistaken for the effects of stroke or aging
- ✓ Signs of depression can also be overlooked or missed when a person has difficulty speaking or thinking
- ✓ Depression is treatable with medications and/or counselling
- ✓ Can affect a person's quality of life and ability to enjoy activities
- ✓ Risk of depression increases at times of change

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Smart Tips:

Recognize



Look for Signs of Depression:

- Feeling hopeless, helpless or worthless
- Feeling sad, anxious, irritable or angry
- Loss of interest and withdrawal
- Appetite, weight and sleep pattern changes
- Headaches, chronic pain, digestive problems

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Recognize



Look for Signs of Depression:

- Fatigue/lack of energy
- Memory, concentration problems, confusion and slow thoughts
- Difficulty making decisions
- Thoughts of death, dying or suicide

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Encourage and Support



- Consistent routine
- Help the person plan and structure
- Encourage participation in activities of interest
- Encourage the person to share their feelings
- Listen actively and offer support
- Always be hopeful

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Educate



- Educate the person and their family about depression
- Remind them that depression is a medical illness
- Learn how to communicate with people who have aphasia

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Seek extra support

- ✓ Look for signs and symptoms of depression and report any differences in mood to your team
- ✓ Refer to a health care provider with the ability to assess and treat depression
- ✓ Get help immediately if a person is talking about death, dying or suicide

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