## **Chronic Conditions and Falls Risk: Depression**

Learn the link between depression and falls, and which falls prevention program is right for you.

Types of Depressive Disorders



- Major depressive disorder (MDD)
- Persistent depressive disorder (PDD)<sup>1</sup>
- Seasonal affective disorder (SAD)<sup>2</sup>
- Bipolar depression

Falls Risk Factors



- Feeling lonely and worried
- Mood swings (feeling unhappy)
- Poor balance
- · Decline in exercising
- Fear of falling

Solutions



- Exercise to maintain bone density and muscle volume
- Join group balance trainings
- Keep regular sleep schedule
- Discuss medication changes with your doctor

**Falls Prevention Program Options** 



Contact Information



Learn more at <a href="www.ncoa.org/falls">www.ncoa.org/falls</a>.

Stay independent. Stay falls free.

- 1. PDD: Chronic and persistent low mood lasting for at least two years
- 2. SAD: Recurrent depressive episodes that follow a seasonal pattern