

A program from the Healthy Living Center of Excellence

Identifying Depression, Empowering Activities for Older Adults

Healthy IDEAS is an evidence-based program that integrates depression awareness and management into existing case management services provided to older adults. This program addresses depression in older adults often occurring with chronic illness and other losses later in life.

Healthy IDEAS is a national program with measurable results and meets HHS/ACL criteria for an Evidence-Based Program for OAA Title III.

Healthy IDEAS is a one-on-one intervention that can be implemented in-person or virtually/telephonically.

The program promotes social connections for older adults experiencing isolation or loneliness.

Healthy Ideas can Improve Quality of Life By:

- Screening for symptoms of depression and assessing their severity
- Educating older adults and caregivers about depression
- Linking older adults to primary care and mental health providers
- Empowering older adults to manage their depression through a behavioral activation approach that encourages involvement in meaningful activities.

For Older Adults & Service Providers

Older Adults

- Fewer symptoms of depression
- Decreased Physical Pain
- Better ability to recognize and self-treat symptoms
- Improved well-being and achievement of personal goals

Service Providers

- Increased opportunity to work with diverse populations of older adults
- Strengthened connections to community agencies
- Greater opportunity to reach and help under-served older adults

More Information

For more information call 978-946-1211 or visit healthyideasprograms.org.

Connect With Us

Visit us online at agespan.org

Phone and Email: 1-800-892-0890 or email info@agespan.org.

Headquarters and mailing office:

280 Merrimack Street, Suite 400 Lawrence, MA 01843

Regional office: Danvers, MA