

Can you—or someone you care for—answer yes to any of these questions?

1. Have you lost interest in the things you used to enjoy?
2. Does your mood keep you from taking care of yourself?
3. Does worry sometimes keep you awake at night?
4. Have you lost your appetite—or are you eating too much?
5. Do you have trouble taking care of basics—balancing your checkbook, for example?

If so, you're not alone. Many of us suffer from anxiety, stress or depression, all of which become more common as we age. Sometimes these can become such problems that it becomes too hard to live on your own. Find out how Independence at Home can help.



Connect with the support you need today.

If you or someone in your care could benefit from Insights, please contact us at:

Independence at Home



866-421-1964 toll-free
562-637-7116 phone

IndependenceAtHome.org



A SCAN COMMUNITY SERVICE™

3800 Kilroy Airport Way, Suite 100
Long Beach, CA 90806

Living Well Takes Insights



866-421-1964



A SCAN COMMUNITY SERVICE™



An Insight Into Your Health

If you're not feeling well physically, you probably do something about it. You'll take care of yourself or, if needed, see a doctor. You probably let a family member or caregiver know, too, so they can help.

But do you do the same if you're not feeling well emotionally? If you've been sad or depressed for more than two weeks, do you tell your doctor? If you find yourself afraid of or worrying about things that never bothered you before, do you tell a family member? Many people don't bring up these types of health issues. But they should.



of caregivers consider their caregiving situation stressful

We're Here to Listen

Aging isn't easy, particularly if you are a senior or a disabled adult on your own. It's not easy for caregivers, either. While it's natural to feel anxious, nervous or depressed about what's happening, you can still do something about it.

Independence at Home's Insights program connects you with a friendly, trained therapist who can support you with the challenges you are facing. We can help you feel better, which can improve your physical health, too. And that can make all the difference in being able to stay in your own home.

If you're an older adult, or the caregiver of an older adult, we encourage you to learn more about the Insights program.

Our services:

- Are delivered in your home
- Are provided by a licensed mental health expert
- Include help from a pharmacist, if necessary
- Are available at no cost to you or your family

Our goals:

- Help older and disabled adults be happier and healthier
- Encourage independent living at home
- Provide self-care and resources for caregivers
- Prevent you or someone you care for from going into a nursing home if it's not necessary



Depression in older adults is very treatable—you can begin to feel better in just a few weeks!

You may be eligible for this program if you:

- Live in the greater Long Beach, Los Angeles County Orange County or Riverside County area.
- Are an adult 55 years and older or an adult caregiver to someone 55 years and older.



Do you have questions?

**Call IAH today.
866-421-1964**

1 in 4 older adults experiences depression, serious anxiety or another mental health issue.

Sources: National Institute of Mental Health; National Council on Aging; Caregiving in the U.S., 2015