

Lately have you been  
feeling blue & lonely?

Do you enjoy life less  
than you used to?

Are you sleeping too  
much or too little?

Have you lost  
your appetite?

Is it hard for you  
to concentrate?

Are you feeling tired  
& rundown?



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## Healthy **IDEAS**

**Ethos has a FREE program that  
can help you:**

- ▶ Engage in activities that make you feel good
- ▶ Get involved in community programs
- ▶ Make positive changes in your life
- ▶ Achieve your goals
- ▶ Empower yourself



## What is Healthy IDEAS?

Initially developed by Baylor College of Medicine, Healthy IDEAS (Identifying Depression, Empowering Activities for Seniors) is an evidence-based program that designed as a practical intervention to detect depression and reduce the severity of depressive symptoms in at-risk older adults.

### Healthy IDEAS improves 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 by encouraging involvement in meaningful activities

## How does the program work?

- ▶ Specially trained Ethos staff screen and assess clients on an individual basis.
- ▶ Staff will meet with clients in their home over a 3-6 month period.
- ▶ Staff and clients discuss the areas of life that can be improved and develop a plan of action.
- ▶ Ethos partners with health/ mental health care providers, community organizations, and aging services to provide referrals for clients.
- ▶ Clients are empowered to enhance their lives by engaging in meaningful, positive activities.

**NEARLY 1 IN 5 AMERICANS 65 OR OLDER EXPERIENCES SYMPTOMS OF DEPRESSION.**

## What are the program benefits?

According to a 2007 study published in the Journal of Applied Gerontology, within six months of being involved in the program, 93% of Healthy IDEAS participants knew how to get help for depression, 89% reported that increasing activity helped them feel better and 45% reported they had reduced pain.

### For Older Adults:

- ▶ Fewer symptoms of depression
- ▶ Decreased physical pain
- ▶ Better ability to recognize and self-treat symptoms
- ▶ Improved well-being through achievement of personal goals

For more information about Healthy IDEAS, to participate in the program, or to make a referral, please call 617-522-6700 or visit [www.ethocare.org](http://www.ethocare.org)