

# Depression in the elderly

**Author/s:** beyondblue | **Year:** 2004 | **Publication type:** Journal article | **Peer reviewed:** | **Topic area/s:** Mental Health

**Reference:** beyondblue (2004). "Depression in the elderly." Synergy(2): 13.

**Key Words:**

depression, discussion paper

**Research aim:**

Discussion piece about depression in older populations, including older people from a CALD background

**Results/Conclusion:**

The prevalence of depression and anxiety in Australians over 65 years is 6.5 per cent, and expected to double by 2021. There is chronic under-treatment of depression in all populations, but older people are the most vulnerable.

**Implications:**

Increasing literacy about depression in old age and promoting physical exercise and nutritional supplements could help prevent depression.

**Cultural Group(s):**

**Location of study:**

**Age group:**

65+

**Number included in study:**

N/A

**Type of participants:**

**Research approach:**

**Type of data:**

**Secondary data sources used:**

**Specific scales or analytical techniques used:**

**Implications/ Recommendations:**

**Notes:**

Not primary research - general discussion around depression in older people from CALD backgrounds. Could not find link to full article