

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)¹
- Seasonal affective disorder (SAD)²
- 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