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Subject: News You Can Use from Comfort Keepers

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NEWS YOU CAN USE

BY COMFORT KEEPERS®

Anxiety Disorders in Seniors

According to the National Institutes of Health, anywhere from 3 to 14 percent of older adults experience anxiety disorders in a given year. These disorders all involve excessive, irrational fear and can worsen if they are untreated.

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Helping Seniors Cope with the Loss of a Spouse

Bereavement can have a devastating impact on the immune systems of seniors, and may explain why many older spouses soon die after the loss of their loved ones. Studies show that one reason is that a type of white blood cell, the neutrophil, can be weakened.

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Seniors and Sundowning: What It Is and How to Cope with It

Sundowning is a symptom of Alzheimer's disease and other forms of dementia, most often affecting people who have mid- and late-stage dementia.

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Fast Facts

Late-life anxiety disorders are twice as prevalent as dementia among older adults, and four to eight times more prevalent than major depressive disorders.

800,000 people are widowed each year, according to the U. S. Census Bureau; and losing a spouse is ranked number one on the stress index scale.

Some studies indicate as many as 20 percent of persons with Alzheimer's will experience increased confusion, anxiety, and agitation beginning late in the day.

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