



## **Older Adult Depression and Suicide Facts**

Individuals 75 years and older have the highest suicide rate.

In Colorado, older adults make up 10% of the population and account for 13% of the suicides.

Symptoms of clinical depression can be triggered by other chronic illnesses common in later life, such as, heart disease, cancer, diabetes, arthritis, Alzheimer's Disease, and Parkinson's Disease.

As many as 75% of depressed older Americans are not receiving the treatment they need, placing them at an increased risk of suicide

Those who attempted suicide reported inadequate finances, social isolation, recent death of a loved one, and/or physical illness with chronic uncontrollable pain.

The suicide rate of white male suicides over the age 85 is nearly six times the suicide rate for all ages.

20% of elderly suicides over 75 have been seen by a physician within 24 hours of completing suicide; 35% have been seen by a physician within a week; 75% have seen a primary care physician within a month of their suicide, and 80% have seen a primary care physician within 6 months of their suicide.

Most suicidal elders will not self-refer to obtain mental health care.

<p>Boulder County Aging Services 303-441-3570      <a href="http://www.bouldercountyseniors.info">www.bouldercountyseniors.info</a></p>
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