

	<p>LOOK FOR LONELINESS</p> <p>...AND REACH OUT TO CARE</p>	<p>Look for people who...</p> <ul style="list-style-type: none"> • Have nobody to talk to • Feel as if nobody really understands me • Are no longer close to anyone • Has interests and ideas are not shared by those around them • Are unable to reach out and communicate with those around them • Find it hard to make friends • Feel like no one really knows them well <p>Russell, D , Peplau, L. A.. & Ferguson, M. L. (1978). Developing a measure of loneliness. Journal of Personality Assessment, 42, 290-294.</p>
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	<p>DEPRESSION CLUES</p> <p>...TO TELL THE DOCTOR</p>	<ul style="list-style-type: none"> • Do you know any residents who have stopped eating or are losing weight? • Does your resident tell you he is too tired? • Does your resident who used to be “sharp” now have trouble thinking? • Does your resident cry more often than before? • Does your resident refuse to do any activities? • Do residents say: “I’m no good anymore” ? • Do residents say: “I want to die”? • Does your resident say “sorry” all the time? • Does your resident have trouble sleeping at night? • Is your resident just grumpy? • Is your resident having more challenging behaviors?
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