ST. FRANCIS 24/7 CALL CENTER: (321) 269-4240

St. Francis REFLECTIONS® Hospice
Established 1977 • Licensed 1990

Depression

Depression can be difficult to notice, encourage and facilitate open lines of communication emphasizing the importance of expressing feelings and fears. Depression in end-of-life care may be due to the emotional burden of illness, changes in physical health, loss of independence, or chemical imbalances.

Common signs and symptoms to monitor for:

- Persistent sadness
- Withdrawal from social activities
- Changes in sleep patterns
- Loss of interest in enjoyable activities
- Expressions of hopelessness

Tips: for Depression Management

- **Medications**: Use antidepressants (e.g., SSRIs) or anti-anxiety medications (e.g., benzodiazepines) as prescribed.
- **Counseling**: Provide access to counseling, support groups, or spiritual care.
- **Routine**: Encourage a daily routine with activities that the patient enjoys.
- **Relaxation Techniques**: Practice relaxation methods such as deep breathing, mindfulness, or meditation.
- **Support System**: Ensure a strong support system of family, friends, or caregivers is in place. Encourage open communication about feelings and provide emotional support. Encourage participation in activities the patient finds meaningful.

Record and Report to St. Francis:

- **Immediately report any expressions of self-harm or suicide to St. Francis**
- Withdraw completely from social interaction
- Effectiveness of medications (if prescribed)
- Effects on quality of life (i.e. sleeping, eating changes)

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St. Francis Reflections is always available to assist with any questions or concerns 24/7

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