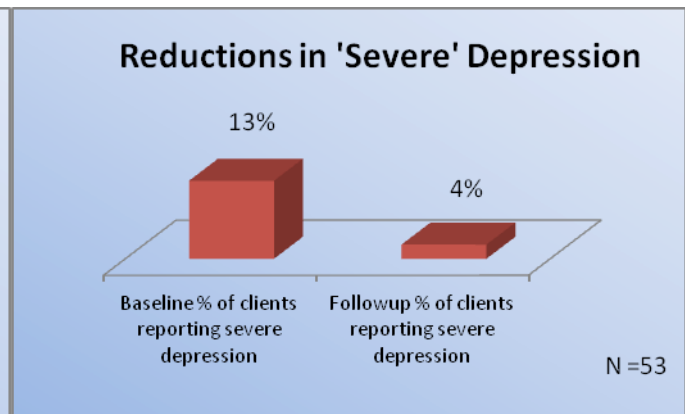
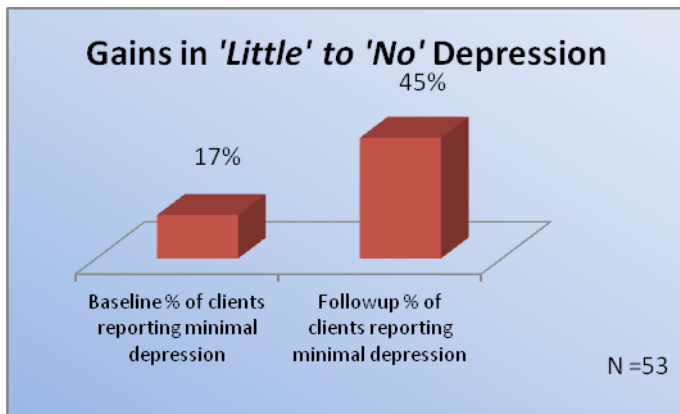


# Elder Community Care significantly reduces Depression in older adults

## PHQ-9 Results

*Minimal Depression*  
*Mild Depression*  
*Moderate Depression*  
*Moderately Severe Depression*  
*Severe Depression*

Baseline % of clients	Followup % of clients	% Gain
17%	45%	165%
30%	30%	0%
28%	13%	54%
11%	8%	27%
13%	4%	69%



### Key Results:

At follow-up, the percentage of older adults in each of the four categories above minimal depression (the lowest category) was less than at the baseline measure. Patients reporting “Severe Depression” declined 69%, while those reporting ‘Little’ to ‘No’ Depression” increased 165%.

## Patient Health Questionnaire (PHQ-9) 9-item screen for depression

The PHQ-9 is a brief measure consisting of nine questions based on the 9 DSM-IV criteria for major depressive episode. It is the instrument most frequently used in primary care settings to screen for major depression. An older adult indicates whether each symptom has bothered him or her during the previous two weeks. Each item ranges in severity from 0-3, with the higher score indicating more severe depression. Measures are taken at the beginning of service (baseline) and at follow up at time of discharge. The data grouped the older adults into one of five baseline categories ranging from minimal depression (rating of 0-4) to severe depression (rating of 20-27). Improvement is reflected in lowering of the older adults’ self-reported score of depression.