

YOU ARE NOT ALONE

Ensuring older adults have information to assist them if they have suicidal thoughts.

BE AWARE OF THE WARNING SIGNS

- Depression or persistent sadness, which is not a normal part of aging and can be treated
- Marked feelings of hopelessness, lack of interest in making future plans
- Feelings of loss of independence or a sense of purpose
- Medical conditions that significantly limit functioning or life expectancy
- Impulsivity due to cognitive impairment
- Inflexible personality or difficulty adapting to change
- Access to lethal means-firearms or other weapons, medications
- Risk taking behaviors or sudden personality changes
- Abuse of alcohol or medication
- Verbal suicide threats, such as, "You'd be better off without me"

Local Long-Term Care Ombudsman Program can be reached at:

866.236.1430

Through advocacy, self-empowerment and education lowans over sixty or with a disability have access to the resources to assist them.

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Jessie Parker Building
510 E. 12th Street, Ste. 2
Des Moines, IA 50319
www.iowaaging.gov

866.236.1430





HOW TO ASSIST OLDER ADULTS WHO VOICE SUICIDAL STATEMENTS

- If there is an immediate threat of suicide, call 911.
- Listen to the older adult and ask if there is a plan. Asking about a plan does not increase the likelihood of a person carrying out a plan.
- If there is a plan, ask specific questions about how they plan to carry out the suicide and assess the means by which they plan to carry it out.
- Offer to assist the older adult in contacting their health professional or counselor.

You may wish to contact the State Long-Term Care Ombudsman Program to:

- Express empathy to the older adult and tell them that you care and that there is help available.
- Ask the older adult if there is anyone who could be contacted for additional support.
- Encourage the older adult to be more socially connected or engaged in meaningful activities.
- Learn about other resources available to lowans over sixty such as legal assistance and advocacy services or home and community-based services

AGENCIES TO HELP

Provide the older adult with the following contact information.

- Institute on Aging's Friendship Line 1-800-971-0016 and assist them in making the call, if needed. 24 hour toll-free crisis line for people aged 60 years or older and adults living with disabilities.
- National Suicide Prevention Hotline at 800-273-8255 and assist in making the call, if needed.
- Iowa Department of Public Health's YourLifelowa at 855-581-8111 or text 855-895-8398 and assist in making the call, if needed. Confidential help you need wherever you are.



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All services provided by the State Long-Term Care Ombudsman Program are confidential and free of charge.