



# Anxiety in Older Adults

HELP YOURSELF. HELP OTHERS.

## Anxiety Risk Factors

**Do you sometimes experience chest pains, headaches, sweating, or gastrointestinal problems?**

You may be experiencing symptoms of anxiety. Chronic excessive nervousness, racing thoughts and fear that interferes with daily activities is not a normal part of aging.

Did you know? 27% of older adults under an aging service provider have symptoms of anxiety that scientifically impact their daily functioning

- Chronic medical conditions
- Overall feelings of poor health
- Sleep disturbance
- Side effects of medication
- Alcohol or prescriptions misuse
- Physical limitations in daily activities
- Stressful life events (past or present)
- Excessive worry
- Preoccupation with physical health symptoms

Living with chronic anxiety can cause mental and physical problems if gone untreated. **Anxiety is common and treatable.** The earlier it is identified and addressed, the easier it is to reverse the symptoms.

### Screening for Anxiety

A quick, easy, and confidential way to determine if you may be experiencing anxiety is to take a mental health screening. A screening is not a diagnosis, but a way of understanding if your symptoms are having enough impact that you should seek support.

If you, or someone you know is struggling with anxiety contact Senior Life Solutions at