

ABOUT OLDER ADULT SUICIDE

- Someone age 65 or older dies by suicide every 90 minutes.
 - Older adults account for 1/5th of all suicides, yet they represent only 12% of the population.
 - White males over age 85 die by suicide at almost six times the national average.
 - Older adult suicide may be under-reported 40% or more due to “silent suicide” (death from medical noncompliance, overdose, self starvation).
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POSSIBLE WARNING SIGNS

- Loss of interest in things or activities previously found enjoyable
 - Social isolation, lack of attention to grooming
 - Breaking medical regimens
 - Having experienced or expecting to experience a personal loss
 - Feeling hopeless or worthless—feeling they are no longer needed
 - Giving personal possessions away or putting affairs in order
 - Stock-piling medication or obtaining other lethal means
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Older adult suicide is associated with depression and those factors causing depression, such as chronic illness, physical impairment, unrelieved pain, financial stress, loss and grief, and alcoholism.

Preventing older adult suicide comes down to awareness, concern, responsiveness, and interaction.

For more information call the Office of Suicide Prevention (303) 692-2539