

# HOW MENTAL HEALTH THERAPY CAN SUPPORT INDEPENDENCE FOR OLDER ADULTS



## THERAPY ENCOURAGES SOCIAL CONNECTION



Regular therapy sessions help reduce isolation, improve communication skills, and support stronger relationships with family and community.

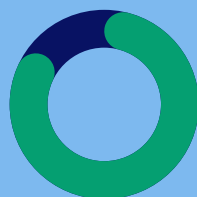
## THERAPY HELPS PEOPLE STAY MOTIVATED AND ACTIVE

Therapists assist individuals in setting realistic goals and maintaining healthy routines, which boosts energy, mood, and the ability to keep doing the activities they enjoy.



### 1 IN 5

OLDER ADULTS EXPERIENCE A MENTAL HEALTH CONCERN THAT IS NOT A NORMAL PART OF AGING.



### 14%

OF ADULTS OVER 70 LIVE WITH A MENTAL HEALTH CHALLENGE



### 11.4%

OF ADULTS OVER 55 HAVE HAD AN ANXIETY DISORDER IN THE PAST YEAR



### 72%

OF OLDER ADULTS SHOWED SUSTAINED IMPROVEMENT UP TO 26 WEEKS AFTER THERAPY

## THERAPY STRENGTHENS CONFIDENCE IN DAILY DECISIONS

Talking with a therapist can help older adults rebuild confidence in handling everyday situations like managing medications, planning meals, and solving problems, which are all important skills that help maintain independence.

## THE STIGMA IS STRONG.

Even though mental health conditions are common in older adulthood, about 2 out of 3 seniors with mental health concerns do not receive needed treatment.

Sources:  
World Health Organization  
National Council on Aging  
University of Utah

# Sudoku

5		4		7	8	9		2
		2	1			3		8
	9		3	4	2		6	7
	5	9		6		4		3
4		6	8			7		1
7		3		2	4		5	
	6			3		2	8	4
		7	4		9		3	5
3		5			6		7	9

## How to Solve Sudoku

Sudoku is a number puzzle made up of a 9×9 grid.

Fill in the grid so each row, each column, and each 3×3 box contains the numbers 1–9 exactly once.

Sudoku is all about logic, no math required. Take your time and have fun!

