

**Why is it important to know if you have symptoms of depression?**

Depression can adversely effect your wellbeing. As you and your family take these exciting steps towards a full recovery, we want you to have the tools you need to ensure a safe and successful transition home.

To learn more about overcoming the effects of depression, contact your social worker.

My social worker is:

She/he can be reached at :



**About the Abramson Center for Jewish Life**

The Madlyn and Leonard Abramson Center for Jewish Life is a nonprofit provider of services to seniors that include nursing care, personal care and independent living apartments, post-hospital transitional care, hospice, home care, adult day care, counseling and referral, as well as aging research.

The Abramson Center for Jewish Life does not discriminate on the basis of race, color, national origin, religious creed, disability, handicap, ancestry, age or sex in admissions, referrals, employment, or the provision of care or service.



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**Birnhak  
Transitional Care**

**HAVE YOU EVER EXPERIENCED  
SYMPTOMS OF DEPRESSION?**



Part of the  
Birnhak Transitional Care  
Patient Education Program

## Have you ever experienced symptoms of depression?

Many people function throughout their lives with symptoms of depression. When these symptoms are present at the time of illness or injury, however, they can often interfere with a full recovery.



**It is easy to feel overwhelmed by the effort and energy that will be required of you during the recovery process.**

that you will need for a complete recovery.

Birnhak Transitional Care's skilled team of rehabilitation therapists, social workers, nurses, doctors, psychologists, chaplains and recreation staff are specially trained to address your concerns. We take a holistic approach to patient care, focusing on your mind, body and soul to help you reach your rehabilitation goals.

It is easy to feel overwhelmed by the effort and energy that will be required of you during the recovery process. While these feelings are normal and to be expected, they can interfere with your ability to put forth the full mental, emotional and physical effort

## What are the sign and symptoms of depression?

- Having little interest in activities that you used to enjoy
- Feeling down, depressed, or hopeless
- Trouble falling asleep, or sleeping too much
- Feeling tired or having low energy
- Poor appetite or overeating
- Feeling bad about yourself, or that you let yourself or your family down
- Trouble concentrating
- Moving or speaking so slowly or quickly that others have noticed
- Thinking about hurting yourself

## How can depression negatively impact your recovery?

The Birnhak Transitional Care team will work with you to minimize the impact of depression on your recovery. However, when you return home, depressive symptoms could cause you to:

- Not take your medications as scheduled
- Not follow through with medical appointments
- Not perform your rehabilitation exercises fully and regularly
- Isolate yourself at home
- Not reach out to people in your support network
- Return to a health care setting

## How can you minimize the effects of depression?

- Stay active by continuing your activities as best you can. For example, if you played cards at the senior center, invite friends or family to play with you during your stay at Birnhak Transitional Care or in your home until you are strong enough to resume your normal routine.
- Engage in calming or uplifting activities to “center” yourself. Some suggestions: meditating, listening to soothing or inspirational music, painting, prayer, or starting a journal.
- Reach out to friends or family members on a daily basis while you are recovering at Birnhak Transitional Care and after you return home.
- Seek treatment from a mental health professional, such as a social worker, counselor, psychologist, family doctor, psychiatrist, chaplain or clergy member.

