

When Worry in Older Adults is too Much: 4 Tips for Care Partners

Do you think
your friend or
family
member
could have
anxiety?

Follow these 4
steps to help

1

Learn about anxiety

Anxiety is a common and treatable illness.

Read the CCSMH brochure on anxiety in older adults and visit the Anxiety Canada website to learn about symptoms and treatments.

2

Have a conversation

Talk with your friend or family member. Let them know that they seem anxious—they might not realize it. Ask open-ended questions and use active listening. Use the CCSMH and Anxiety Canada anxiety symptoms checklist to guide your conversation.

3

Talk with a health provider

Your friend or family member should talk with a health provider if worry is disrupting their daily life. A health provider can rule out other causes for their symptoms and offer different treatment options.

4

Take care of yourself

It can be stressful to support someone with anxiety.

Read the CCSMH resource on self-care for care partners to learn more. You are not alone.

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CCSMH
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Seniors' Mental Health

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For more information visit the
CCSMH & Anxiety Canada
websites.



Anxiety
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anxietycanada.com