

Improving Mental Health and Addressing Mental Illness: Interventions to Reduce Depression among Older Adults, Home- Based Depression Care Management

Task Force Finding

Intervention Definition

Home-based depression care management involves:

- Active screening for depression
- Measurement-based outcomes
- Trained depression care managers
- Case management
- Patient education, and a
- Supervising psychiatrist

An older adult is defined as 60 years of age or older, and depression outcomes include response rates (50% reduction in depression scores), remission (no longer meeting diagnostic criteria), and changes in depression scale scores.

Task Force Finding (February 2008)

The Community Preventive Services Task Force recommends depression care management at home for older adults with depression on the basis of strong evidence of effectiveness in improving short-term depression outcomes.

Publications

Frederick JT, Steinman LE, Prohaska T, et al. Community-based treatment of late life depression—an expert panel informed literature review. *Am J Prev Med* 2007;33(3):222–49.

Steinman LE, Frederick JT, Prohaska T, et al. Recommendations for treating depression in community-based older adults. *Am J Prev Med* 2007;33(3):175–81.

Snowden M, Steinman L, Frederick J. Treating depression in older adults: challenges to implementing the recommendations of an expert panel. *Prev Chronic Dis* 2008;5(1):A26.

Disclaimer

The findings and conclusions on this page are those of the Community Preventive Services Task Force and do not necessarily represent those of CDC. Task Force evidence-based recommendations are not mandates for compliance or spending. Instead, they provide information and options for decision makers and stakeholders to consider when determining which programs, services, and policies best meet the needs, preferences, available resources, and constraints of their constituents.

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