

# 5 signs of depression in older adults that are easy to miss

Here's what to watch for in your loved ones:



**Aches and pains**  
(such as headaches,  
cramps, and  
digestive problems)



**Difficulty**  
concentrating,  
remembering things,  
or making decisions



**Decreased energy**  
or fatigue



**Moving or talking**  
more slowly



**Sleep problems,**  
such as insomnia or  
sleeping too much