

THE IMPACT OF SUMMER ON MENTAL HEALTH IN OLDER ADULTS



Summer is a season of warmth, light, and activity, but for older adults, it can also bring unique mental health challenges. While the sunny season offers opportunities for connection and activity, it's important to recognize how summer impacts emotional well-being. Programs like group therapy can be a valuable resource to help older adults thrive during these months and beyond.

HOW SUMMER CAN IMPACT OLDER ADULTS:

Increased Feelings of Isolation

For some older adults, summer can highlight feelings of loneliness or isolation, especially if family vacations or busy schedules mean fewer visits from loved ones. Seeing others engage in vibrant activities may intensify a sense of exclusion.

Health and Safety Concerns

While summer weather encourages outdoor activities, excessive heat and humidity can limit participation for older adults with health concerns. Reduced mobility or fear of overheating may lead to staying indoors, which can increase feelings of boredom or isolation.

Life Transitions and Reflection

Summer is often seen as a time for gatherings and celebrations, but it can also serve as a reminder of past losses or changes, such as loved ones who are no longer present or traditions that have shifted over time.

WE CAN HELP.

Our outpatient program is designed to meet the unique needs of older adults experiencing depression and/or anxiety related to life changes that are often associated with aging or a chronic diagnosis. Anyone can make a referral to our program, including self-referrals, provider referrals, or community referrals.

Call us today at