

Mental health care in your golden years

Run time - :38

ANCHOR LEDE: Experts say mental health concerns don't magically go away when a person reaches age 60 and beyond. Rather, older adults need to keep mental health care in mind and know the resources available to help with concerns unique to that age group. Tim Ditman of OSF HealthCare has more.

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OSF psychologist Doctor Ari Lakritz [AR-ee // LACK-ritz] points to a concept called interpersonal therapy, which focuses on a person's relationships and their overall place in the world.

**\*\*\*SOUNDBITE\*\*\***

**Dr. Ari Lakritz, OSF HealthCare clinical psychologist**

**"That is really what older adults have on their mind at this stage of their life. Many of them are retired. For many of them, financial issues or their professional climbing of the ladder have kind of taken a backseat. They are focused on their remaining relationships and making them as good as possible." (:24)**

I'm Tim Ditman.

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ANCHOR TAG: Older adults may use *virtual* counseling sessions more due to mobility issues. But that comes with a silver lining. They learn technology, keeping their mind sharp and bringing a sense of satisfaction.