

Health Highlights 10-16-2024 (Audio)

Seeing a counselor in your golden years? Mind these misconceptions

<<(I'M TIM DITMAN WITH TODAY'S HEALTH HIGHLIGHTS FROM OSF HEALTHCARE.
MENTAL HEALTH PROBLEMS CAN LEAD TO PHYSICAL PROBLEMS... ESPECIALLY FOR SENIORS.

THAT'S WHY IT'S IMPORTANT TO SEPARATE MYTH AND FACT WHEN IT COMES TO OLDER ADULTS SEEING A MENTAL HEALTH PROFESSIONAL.

KREN HARMON – A SOCIAL WORKER WITH OSF – HAS HEARD PEOPLE NOT TRUST PROVIDERS. OR THEY THINK GETTING HELP IS A SIGN OF WEAKNESS OR WILL CREATE A BURDEN ON FAMILY.

SHE ALSO SAYS SOME SENIORS THINK THEY WILL BE FORCED TO DO OFF-THE-WALL TREATMENT.

*****SOT*** | Kren Harmon | OSF HealthCare licensed clinical social worker**

"There are just a lot of stereotypes about that. It's going to make me feel like a zombie. I don't want to be sedated. That's not what we're talking about with the newer SSRI medications. It's not going to sedate you. It's just going to help you be a better version of yourself. Have a little more hope and energy."

HARMON ALSO SAYS HEALTH SYSTEMS HAVE CASE MANAGEMENT TEAMS THAT CAN HELP WITH THINGS LIKE TRANSPORTATION AND INSURANCE. WITH TODAY'S HEALTH HIGHLIGHTS – I'M TIM DITMAN.)>>