

## **Assessment of Depression Self-management Activities**

MFP Transition Coordinator can use this information to determine what participant will be able to do and what additional supports may need to be put in place.

- Screen for depressive symptoms upon transition and with any changes in the participant's mood/behavior:
  - Loss of energy, feeling tired
  - Changes in sleep pattern
  - Increased or decreased appetite or changes in weight, a loss or a gain
  - Difficulty concentrating, making decisions
  - Changes in relationships
  - Reports of feeling guilty, worthless, hopeless, or helpless
  - General irritability
  - Repeated thoughts of suicide or death

**Participant needs to be able to engage in self management activities upon day of transition. For depression self-management this may include:**

- Self-management activities
  - Participants should not stop taking any of their medication(s) or make any adjustments to their medication(s) unless directed by their healthcare provider.
  - Participants should keep all appointments with their healthcare provider;
  - Maintain a regular exercise plan;
  - Eat a well-balanced diet;
  - Get involved in social activities;
  - Avoid stressful activities;
  - Get an adequate amount of sleep.
- Medications
  - Participants should take their medication(s) exactly as prescribed. Arrange medication management assistance either by purchasing a pill box and/or arranging caregiver services for further assistance.