



Warning Signs
for Identifying
Suicide &
Suicide Ideation
in Elder Adults

SUICIDE IS PREVENTABLE!

Risk Factors & Warning Signs

Suicidal thoughts in older adult may be linked to several important risk factors and warning signs. These include, among others:

- Depression
- Prior suicide attempts
- Marked feelings of hopelessness, lack of interest in the future
- Feelings of loss of independence or sense of purpose
- Medical conditions that significantly limit functioning or life expectancy
- Impulsivity due to cognitive impairment
- Social isolation
- Family discord or losses (death of loved one)
- Inflexible personality or marked difficulty adapting to change
- Access to lethal means
- Sudden personality changes
- Alcohol or medication misuse or abuse
- Verbal suicide threats
- Giving away prized possessions