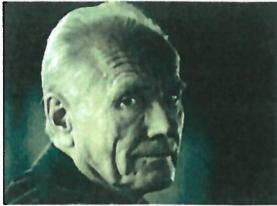


# SUICIDE IN OLDER ADULTS



## FACTS

- ❖ In 2010, the number of Americans age 60 and over who died from suicide was 8,618.
- ❖ Suicide rates for women typically declines in older age, but it increases among men.
- ❖ Older men die by suicide at a rate that is 7 times higher than that of older women.
- ❖ Suicide among older, White males is particularly high at 30.3 suicides per 1000.
- ❖ Suicide attempts in older adults are often more lethal than in younger adults.
- ❖ Older adults are less likely to be rescued, and more likely to die from a suicide attempt than younger adults because they are more frail, more isolated, more likely to have a plan and more determined.
- ❖ Firearms are the most common means of suicide in older adults (67%), followed by poisoning (14%), and suffocation (12%).
- ❖ Adults over age 60 are nearly twice as likely to use firearms as a means than those younger than 60.



CONTINUED



# RISK FACTORS

- ❖ Depression
- ❖ Prior suicide attempts
- ❖ Marked feelings of hopelessness
- ❖ Co-morbid general medical conditions that significantly limit functioning or life expectancy
- ❖ Pain and declining role functions (e.g. loss of independence or sense of purpose)
- ❖ Social Isolation
- ❖ Family discord or losses (e.g. recent death of a loved one)
- ❖ Inflexible personality or marked difficulty adapting to change
- ❖ Access to lethal means (e.g. firearms)
- ❖ Alcohol or medication misuse or abuse



## HELP IS AVAILABLE

- ❖ Notify Primary Care Provider of symptoms immediately
- ❖ Urge older adults to remove means (i.e. firearms)

**DISTRICT 19 COMMUNITY SERVICES BOARD CRISIS LINE: 804-862-8000**

**TOLL FREE: 866-365-2130**

**DISTRICT 19 COMMUNITY SERVICES BOARD CRISIS ASSESSMENT CENTER:**

**804-862-6095**

