

# When Worry in Older Adults is too Much: 4 Tips for Care Partners

Do you think  
your friend or  
family  
member  
could have  
anxiety?

Follow these 4  
steps to help

1

## Learn about anxiety

Anxiety is a common and treatable illness.

Read the CCSMH brochure on anxiety in older adults and visit the Anxiety Canada website to learn about symptoms and treatments.

2

## Have a conversation

Talk with your friend or family member. Let them know that they seem anxious—they might not realize it. Ask open-ended questions and use active listening. Use the CCSMH and Anxiety Canada anxiety symptoms checklist to guide your conversation.

3

## Talk with a health provider

Your friend or family member should talk with a health provider if worry is disrupting their daily life. A health provider can rule out other causes for their symptoms and offer different treatment options.

4

## Take care of yourself

It can be stressful to support someone with anxiety.

Read the CCSMH resource on self-care for care partners to learn more. You are not alone.

Financial contribution:



Public Health  
Agency of Canada

Agence de la santé  
publique du Canada



**CCSMH**  
Canadian Coalition for  
Seniors' Mental Health

[ccsmh.ca](http://ccsmh.ca)

For more information visit the  
CCSMH & Anxiety Canada  
websites.



**Anxiety**  
CANADA

[anxietycanada.com](http://anxietycanada.com)