

DEPRESSION: Zones for Client Management

GREEN ZONE = ALL CLEAR	AGENCY ACTIONS/INTERVENTIONS
<ul style="list-style-type: none"> ▪ Functioning well in daily activities ▪ Neutral mood ▪ No sleep disturbance ▪ No appetite disturbance ▪ Feeling hopeful ▪ Able to concentrate ▪ Having some fun/pleasure ▪ Taking medications regularly and keeping doctor appointments 	<ul style="list-style-type: none"> ▪ Symptoms are under control. No action required.
YELLOW = ZONE CAUTION	AGENCY ACTIONS/INTERVENTIONS
<ul style="list-style-type: none"> ▪ Sad mood most of the time ▪ Decreased interest in food ▪ Sleep disturbance ▪ Decreased ability to have fun or experience pleasure ▪ Increased feelings of irritability and anger ▪ Decreased interest in performing daily activities and chores ▪ Not taking medications regularly or keeping doctor appointments ▪ Increased anxiety ▪ Decreased ability to concentrate 	<ul style="list-style-type: none"> ▪ Establish timeline detailing when client began feeling sad; explore possible stressors. ▪ Encourage verbalization of feelings. ▪ Explore use of prescribed medications and instructions regarding importance of compliance. ▪ Alert physician or psychiatrist to current situation; suggest earlier appointment. ▪ Consider mobilizing support system; increase visit frequency. ▪ Suggest activities to provide relief (e.g., getting outside, walking, joining a senior center, knitting, sewing, crochet, manicure, etc.).
RED ZONE = MEDICAL ALERT	AGENCY ACTIONS/INTERVENTIONS
<ul style="list-style-type: none"> ▪ Overwhelmed by feelings of sadness or despair ▪ Feeling hopeless ▪ Feeling helpless ▪ Unable to leave their bed ▪ Suicidal thoughts or behaviors ▪ Stopped eating ▪ Unable to sleep ▪ Unwilling to take medications regularly or keep physician appointments 	<ul style="list-style-type: none"> ▪ Notify physician or psychiatrist. ▪ Send to ER if physician or psychiatrist is not available. ▪ Communicate severity of client's condition to family. ▪ Develop a plan for someone to stay with client at all times until crisis is over or until client is hospitalized.