

# Seasonal Affective Disorder CHECKLIST



**Use this checklist to reduce the impact of Seasonal Affective Disorder (SAD) on residents.**

- ☒ Post the SAD fact sheet developed by the Center of Excellence for Behavioral Health in Nursing Facilities (COE-NF) in common areas. This will help educate staff and residents on the signs and symptoms of SAD.
- ☒ Increase monitoring of residents diagnosed with major depressive disorder, bipolar disorder, or SAD for signs of depression.
- ☒ Promote light exposure. Open blinds and curtains to increase natural light. Use light therapy devices.
- ☒ Encourage social engagement.
- ☒ Offer outdoor activities.
- ☒ Encourage family visits.
- ☒ Remind staff to report any significant changes in residents' mood.
- ☒ Collaborate with the resident's interdisciplinary team for symptom management strategies.
- ☒ Offer empathy and understanding to residents experiencing SAD symptoms.

**By following this checklist, nursing facility staff can effectively monitor for signs and symptoms of SAD, ensuring timely intervention and support for residents affected by this condition.**