

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.



Scan the QR code to view additional resources and trainings from the COE-NF.