

# Understanding the impact of depressive symptoms in older-adults functionality

## Comprendiendo el impacto de los síntomas depresivos en la funcionalidad de las personas mayores

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Introduction: Depression is the health conditions that generate a higher disease burden, where the older adults show a great impact related to this disease. The article describes the impact of depressive symptoms in the functional performance of older adults and seeks to understand the existing relationship between functional impairment and depressive symptoms. Method: a literature review was conducted of articles published between years 1990 to 2016. A narrative analysis was conducted with the finding literature. 40 articles were included. Results: One of the main repercussions is the functional impairment and the reduction in the daily life activities participation, related to a progressive dependency, higher fall risk and fear to falls, restriction and reduction of participation in meaningful activities, and worst rehabilitation and health care outcomes. Considering these elements, it is necessary to understand depressive symptoms in older adults in conjunction with functional impai