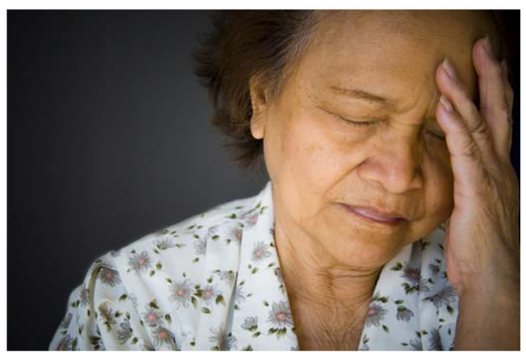
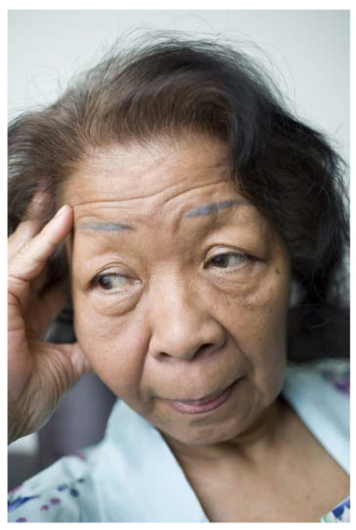


Feeling down? Sad? Hopeless?



Feeling tired? Little energy?

Feeling bad about yourself?
Feel like a failure?

Depression affects 15% to 20% of all older adults in the U.S.

Even minor depression can have a profound impact on an older adult's ability to live independently.

Depressed people are less likely to follow doctor's orders or manage their health problems effectively.

PEARLS

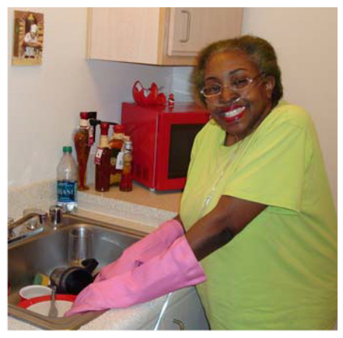
Program to Encourage Active, Rewarding Lives

PEARLS is a community-based intervention for older adults with depression. Research has demonstrated that problem solving can help older adults manage their depression and lead fuller lives.

PEARLS offers at-home behavioral counseling. Clients gain:

Control over their lives
Enhanced ability to live independently
Better management of chronic illnesses

Here's what clients say:



"My PEARLS counselor was a good listener, and a good model to people near me. I started thinking more positive thoughts. I set goals. I focused on what I can do, and applied myself." — Lemar W.

"PEARLS got me motivated to make appointments with the people I needed to help me with my pain." — Doug M.

"This was as good as medicine!"

"I learned to turn a huge mountain into small hills."

"All I can say is, it works!"

Exercise reduces depression and helps build a positive outlook.

Physical activity reduces disability, falls and mortality rates.

People active outside their homes are less depressed than those who stay home.

Planning pleasant events lifts one's mood.

There is a strong link between unsolved problems and depression.

Problem-solving empowers people to manage depression.

The PEARLS program, a community-integrated, home-based treatment for depression, significantly reduced depressive symptoms and improved health status in chronically medically ill older adults with minor depression and dysthymia.
— *Journal of the American Medical Association*

For more information about PEARLS, contact Carl Kaiser, MSW at 206-386-0039 or carl.kaiser@seattle.gov

ads *Aging and Disability Services*
Area Agency on Aging for Seattle and King County

City of Seattle
King County

www.agingkingcounty.org