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!”

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.

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

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