

## The Three Key Components of PEARLS

- ▶ Problem solving treatment
- ▶ Social and physical activation
- ▶ Pleasant activity scheduling

## Appropriate referral

- ▶ Aged 55 years or older
- ▶ Prioritizing individuals on Medicare
- ▶ Semi homebound or homebound
- ▶ Depressed many days of the week
- ▶ Disinterested in things they normally enjoy
- ▶ All referrals will receive a depression screening from a PEARLS program counselor
- ▶ This program is not for people with dementia, unmanaged bipolar disorder or psychosis.

## Medical and psychiatric supervision

In order to address any medical problems that may arise during a client's PEARLS Program treatment, each PEARLS case is reviewed regularly by a team that includes a psychiatric medical professional.

### Contact:

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**541-423-1372**

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## PEARLS helps create active, rewarding lives for seniors with minor depression

The Program to Encourage Active and Rewarding Lives for Seniors (PEARLS) is a community-based treatment program for older adults with minor depression or dysthymia, an ongoing low-grade depression. This kind of depression is especially common in older adults who are physically impaired or socially isolated.

The PEARLS Program is a highly effective method designed to reduce depressive symptoms and improve quality of life in older adults and in all-age adults with epilepsy. During six to eight in-home sessions that take place in the client's home and focus on brief behavioral techniques, PEARLS Program counselors empower individuals to take action and to make lasting changes so that they can lead more active and rewarding lives.

The PEARLS Program's in-home delivery method overcomes limitations in ambulation or transportation that are common in the populations it serves. By providing "house calls" for depression, PEARLS counselors can ensure more regular contact with their clients than would often be possible in outpatient settings. This feature of PEARLS is based on evidence that home-based treatment can reduce depression among socially isolated, older or chronically ill adults.

## How it started

The PEARLS Program was developed at the University of Washington in the late 1990s by a team led by Dr. Ed Wagner, who is a primary developer of the Chronic Care Model. During the past decade, two randomized controlled trials have demonstrated that the PEARLS Program is effective in reducing depressive symptoms and improving quality of life in older adults and all-age adults with epilepsy.



## How can you tell if your client would benefit from PEARLS?

### Ask these simple questions:

1. Have you been feeling down or blue?
2. Have you lost interest in doing things?

If your client answered YES to either of these questions, he or she may be eligible for PEARLS. After receiving permission from your client, please send their name and contact information to:

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**541-423-1372**  
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