



## Do you know someone who...

- ◇ Is no longer enjoying activities or hobbies that they previously did?
- ◇ Is feeling down, sad or hopeless?
- ◇ Has trouble sleeping, staying asleep or is sleeping too much?
- ◇ Is always tired or has little energy?
- ◇ Has a poor appetite or is overeating?
- ◇ Feels bad about themselves or experiences feelings of worthlessness?
- ◇ Has trouble concentrating on things like reading the newspaper or watching television?
- ◇ Has thoughts of hurting themselves?

**The PEARLS program may be able to help!**



**To learn more about PEARLS, please contact:**

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**Program to Encourage  
Active & Rewarding Lives**

**PEARLS™**

**Senior & Disability  
Services**

(serving Jackson and Josephine Counties)



SENIOR & DISABILITY  
SERVICES  
A Department of RVCOG

**ADRC**  
Aging and Disability  
Resource Connection  
of OREGON

1-855-673-2372  
[ADRCofOregon.org](http://ADRCofOregon.org)





## What is PEARLS?

- ◇ PEARLS is a home-based program that encourages seniors (or people with epilepsy) to lead active and rewarding lives
- ◇ PEARLS is based on the understanding that when a person feels bad they do less, which leads to a person experiencing symptoms of depression
- ◇ PEARLS is designed to help older adults identify and solve their problems, by learning a step-by-step, practical approach to finding solutions
- ◇ PEARLS was developed by the University of Washington and has proved to be effective in treating depression symptoms in older adults and people with epilepsy

## What can a participant expect?

- ◇ Each participant will go through an initial assessment with a PEARLS counselor, to identify symptoms of depression and unresolved problems/issues
- ◇ Eight home visits will be conducted over a period of five to six months
- ◇ Participants will receive on-going support in resolving issues
- ◇ PEARLS participants will experience encouragement to engage in physical and social activities and pleasant events
- ◇ Participants are empowered by learning skills to reduce depression and increase emotional well-being



“I always would leave our meeting with a feeling of hope.”

-Barbara, 68

## Participant Achievements

Learn to:

- ◇ Recognize symptoms of depression
- ◇ Break down a large, overwhelming problem into small, bite-sized steps
- ◇ Understand how depression is related to unsolved problems
- ◇ Focus on problems or aspects of problems you can do something about and set aside the worries that you cannot control
- ◇ Be creative and open-minded in forming a variety of solutions to each problem
- ◇ Improve mood and decrease symptoms of depression with social, physical and pleasant activity planning