

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?

**There's a program
that can help!**

*PEARLS is an initiative of the ADRC
of Linn, Benton and Lincoln Counties*

Senior & Disability Services for Linn, Benton & Lincoln Counties

To make a PEARLS referral, contact:

Linn or Benton County

1400 Queen Ave SE, Ste 206
Albany OR 97322
Local 541-967-8630
Toll free 800-638-0510

Lincoln County

203 N Main Street
Toledo OR 97391
Local 541-336-2289
Toll free 800-282-6194

E-mail: ADRCmail@ocwcog.org



OREGON CASCADES WEST SENIOR & DISABILITY SERVICES

PEARLS

*Program to Encourage Active
& Rewarding Lives*



ADRC

Aging and Disability
Resource Connection
— of OREGON —



Serving Linn, Benton & Lincoln Counties



"I always would leave our meetings with a feeling of hope."



What is PEARLS?

- PEARLS is a home-based program that encourages seniors 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 define and solve their problems by learning methods of problem solving treatment.
- 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 care manager to identify a list of unresolved issues.
- Eight home visits will be conducted over a period of five to six months.
- Participants will receive ongoing support in resolving issues during program duration and will be discharged upon program completion.
- PEARLS participants will experience encouragement to engage in physical and social activities and pleasant events.