Active and Rewarding Lives for Seniors

A community-based program designed to improve quality of life in older adults

PEARLS, The Program for Encouraging Active Rewarding Lives for Seniors, empowers seniors through behavioral techniques to actively manage depression and improve their quality of life.

Conceived in the 1990's by a key developer of the Chronic Care Model, Ed Wagner, MD, MPH, and further developed by the University of Washington Health Promotion Research Center and community partners, PEARLS is now available for implementation in your community!

PEARLS is multi-faceted and evidence-based. PEARLS empowers older adults through:

- Problem Solving Treatment
- Social and Physical Activation
- Pleasant Activity Scheduling

A team approach including psychiatric oversight provides a solid foundation to address any clinical issues that may arise.

A randomized controlled trial demonstrated the effectiveness of PEARLS

A report published in the Journal of the American Medical Association revealed that participants who received the PEARLS intervention were three times more likely than non-participants to significantly reduce their depressive symptoms or completely eliminate their depression.

PEARLS is approved by the Substance Abuse and Mental Health Services Agency (SAMSHA) and its National Registry of Evidence-based Programs and Practices.

Visit the PEARLS website ...
http://depts.washington.edu/pearslspf/

On the PEARLS website, click to access:
- The PEARLS Toolkit (free of charge)
- Information about PEARLS Training

Or contact Amy Grover:
grovera@washington.edu | 206-614-1364

Join in the national implementation of PEARLS!

Start today by signing up for PEARLS training!
Visit
http://depts.washington.edu/pearslspf/
"Late-life depression affects 15 to 20 percent of older Americans. Yet, doctors and their older patients often wrongly assume depression is an unavoidable consequence of aging. This needless psychological suffering, the costly health-care ramifications and the large numbers of aging baby boomers are driving a national search for solutions. **PEARLS is one of these solutions.**"

- Dr. Paul Ciechanowski, Research Investigator and PEARLS Trainer

**PEARLS** is a multi-faceted approach that includes the following behavioral strategies:

**Problem Solving Treatment**
Participants learn to recognize symptoms of depression, the link between unsolved problems and depression, and a highly effective eight-step approach that can be used to solve their problems.

**Social and Physical Activation**
Involvement in social and physical activities has been shown to improve the quality of life and mood of people with depression. PEARLS participants are encouraged to engage in social and physical activities that most interest them.

**Pleasant Activity Scheduling**
People who are depressed generally stop doing enjoyable things. Engaging in pleasurable activities has been found to be effective in helping people manage their depression. With the help of a counselor, PEARLS participants identify and participate in personally pleasurable activities.

**PEARLS training** includes a dynamic balance of didactic instruction, demonstration sessions, group discussion, practice exercises, and a hands-on introduction to the PEARLS Toolkit.

PEARLS training is delivered by experts who developed PEARLS and who have implemented this program successfully in real-world settings. After completing the three-day training, you will return to your community equipped with knowledge & skills to effectively implement PEARLS. For more information, call 206-744-1764.

Comprehensive and user-friendly, the PEARLS Toolkit is a key element in successful PEARLS training and implementation. Accessible on the PEARLS website, the toolkit includes program background, detailed instructions, guidance, tips and all the forms you need to effectively implement PEARLS upon completion of PEARLS training.

"**PEARLS is particularly useful because it is multi-faceted. PEARLS addresses physical and social activation, and helps individuals learn effective methods to solve problems.**"

- Dr. Mark Snowden, Gero-Psychiatrist

"**At the conclusion, I wasn’t even recognizable as the same person. With my counselor’s encouragement and understanding, I not only was able to make the health improvements necessary to avoid going to a nursing home, but I overcame my depression and anxiety so that I can now lead a more active and rewarding life, which is the whole purpose of PEARLS.**"

- Pearls Participant

PEARLS training is sponsored by CHAMMP, the Center for Healthcare Improvement for Addictions, Mental Illness and Medically Vulnerable Populations at Harborview Medical Center, a part of the University of Washington School of Medicine. The original PEARLS research study and subsequent dissemination work has been funded in large part by the Centers for Disease Control and Prevention, Prevention Research Centers Program under cooperative agreements with the University of Washington Health Promotion Research Center (HPRC): U48/CU0009554 and U48/DP000050. HPRC and CHAMMP are indebted to the following organizations, which have provided support and expertise to develop PEARLS training materials and implementation processes: Aging and Disability Services, City of Seattle Department of Human Services; Washington State Aging and Disability Services Administration; and Senior Services.

For further information about PEARLS, visit [http://depts.washington.edu/pearlspr/](http://depts.washington.edu/pearlspr/)