



Introducing ...PEARLS Counseling

PEARLS (Program to Encourage Active, Rewarding Lives) is designed to reduce symptoms of depression and improve quality of life among older adults. The program consists of six to eight in-home counseling sessions that focus on the following goals:

- Solving problems
- Becoming socially and physically active
- Scheduling enjoyable activities

PEARLS helps individuals lead more active and rewarding lives.

Often the losses we endure as we age (loss of loved ones, independence, physical health, or social isolation) can lead to feelings of loneliness, sadness, frustration, irritability, anxiousness, or restlessness. Left unattended, these feelings can lead to a common medical condition known as depression. Even minor depression interferes with how well we function, how active we are, and how we interact with others.



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