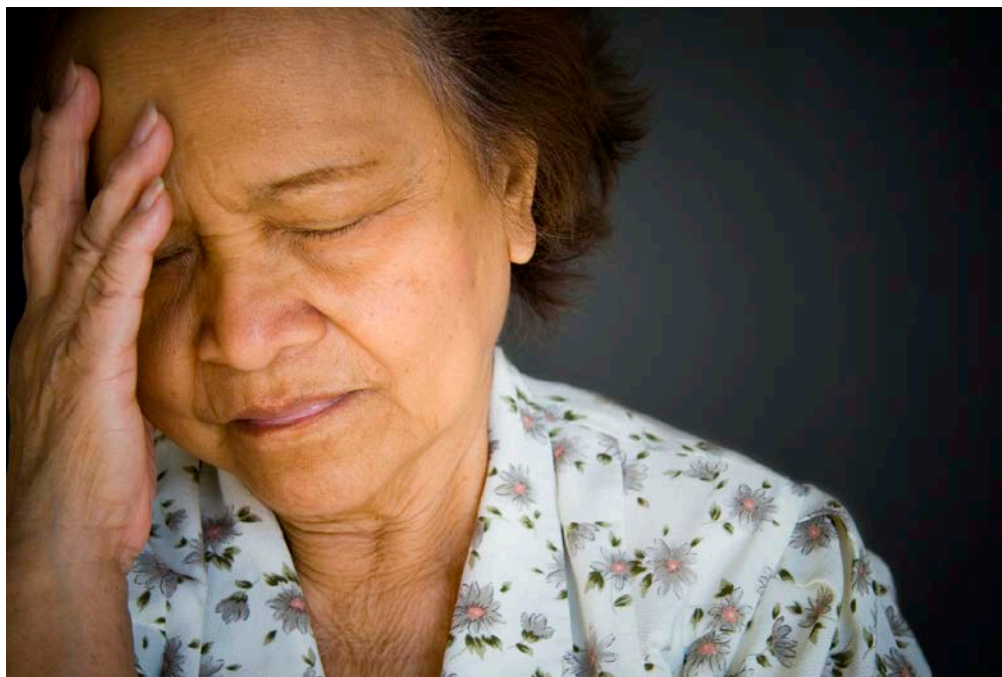




A community-based program that
helps older people manage depression
and lead fuller lives



Feeling down? Sad? Hopeless?

Depression affects 15% to 20% of all older adults in the U.S.



Feeling tired? Little energy?

Even minor depression can make it difficult to get things done.



Feeling bad about yourself?

Depression can have a profound impact on ability to live independently.



PEARLS offers at-home counseling

- Problem-solving skills
- Control over life
- Enhanced ability to live independently
- Better management of chronic illness



Plan

Planning pleasant events lifts one's mood.



Move more

Movement reduces depression and helps build a positive outlook.



Get active

People active outside their homes are less depressed than those who stay home.



Stay active

Stay active to reduce disability, falls, and mortality rates.

Here's what PEARLS clients say:

“This was as good as medicine!”

“I learned to turn a huge mountain
into small hills.”

“All I can say is, it works!”

“My PEARLS counselor was a good listener, and a good model to people near me.

I started thinking more positive thoughts.

I set goals. I focused on what I can do and applied myself.”

— Lemar W.





“PEARLS got me motivated to make appointments with the people I needed to help me with my pain.”
— Doug M.



Did you serve in the military?

Counseling is available for veterans, spouses, and spouse survivors, age 55+



Seattle
Human Services
Equity • Support • Community



Aging and Disability Services
Area Agency on Aging for Seattle and King County

PEARLS Contacts

Carl Kaiser, MSW

206-386-0039

Carl.Kaiser@seattle.gov

Suzet Tave

206-615-0533

Suzet.Tave@seattle.gov



King County

Veterans, Seniors & Human Services Levy