DEPRESSION IS UNDER-RECOGNIZED AND CAN BE VERY SERIOUS

- According to the CDC, minor depression affects 15%–20% of community dwelling older adults and is known to profoundly compromise health and quality of life.
- Elderly mental and behavioral problems are projected to quadruple from 4 million in 1970 to 15 million by 2030.
- Depressive disorders may lead to significant impairments in physical, mental, and social functioning.
- Depressive disorders often adversely affects the course and complicates the treatment of other chronic diseases.
- Depression also negatively influences the ability to adapt to medical illness, treatment adherence and satisfaction with care.
- Older adults with depression visit the doctor and emergency room more often, incur higher outpatient charges and stay longer in the hospital.
- Unfortunately, depressive disorders are a widely under-recognized condition and often are untreated or undertreated among older adults.

HELP YOUR PATIENTS TO REDUCE DEPRESSIVE SYMPTOMS AND IMPROVE QUALITY OF LIFE

THE SOLUTION: PEARLS (PROGRAM TO ENCOURAGE ACTIVE AND REWARDING LIVES)

The PEARLS Program was developed at the University of Washington. It is evidence-based and has demonstrated to be effective in reducing depressive symptoms and improving quality of life in older adults and all-age adults with epilepsy. It is home-based and provides eight 60-minute sessions with a trained PEARLS counselor over a six-month period.

The PEARLS Program:

- Uses an easy-to-learn approach and teaches skills necessary to problem solve, move to action and make lasting life changes
- Is designed to be delivered in the community, primarily through existing service-provision programs
- Takes a team-based approach, involving PEARLS counselors, supervising psychiatrists and medical providers

Participants learn to:

- Recognize symptoms of depression
- Understand link between unsolved problems and depression
- Apply 7-step approach for problem solving
- Develop a plan to engage in physical activities
- Identify and participate in pleasant and social activities

Outcomes:

- Significantly decreased depression
- Improved functional and emotional well-being
- Being more optimistic and more engaged with friends, family, health care team and the community