



# PEARLS™

PROGRAM TO ENCOURAGE ACTIVE, REWARDING LIVES (PEARLS)



***Does someone, 80 years of age and older, for whom you care, feel down, sad, or blue?***

***Has this person lost interest in enjoyable activities?***

***The PEARLS Program can help control these symptoms through successful self-management strategies.***

PEARLS is a voluntary program consisting of eight (8) one-hour life skills training sessions held during a six-month period.

Individuals can meet one-on-one with a PEARLS counselor who receives clinical supervision by a certified psychiatrist.

Sessions can be conveniently scheduled in the home or a community setting.

**GET THE SUPPORT YOU NEED**



***Through involvement with PEARLS, individuals can learn how to solve problems and create a personalized step-by-step action plan to experience an active and rewarding life.***

**For registration information contact:**

**ADRC Helpline  
954-745-9779**

