

REDUCE DEPRESSION AND FEEL BETTER

PEARLS (The Program to Encourage Active, Rewarding Lives) is an evidence-based program designed to reduce depressive symptoms and improve quality of life in OLDER ADULTS.



The most common mental health concern among those age 65 and older is depression with 1-in-5 older adults experiencing symptoms.

PEARLS provides confidential high-quality wellness care for those who want to improve the way they feel.



The **PEARLS** program is provided free to older adults age 60+ living in Oak Park or River Forest who are encountering different kinds of depression.

Participants work with a coach at home or virtually for a six-month period (6-8 sessions total) enhancing problem-solving skills and behavioral techniques that help:

- Recognize the symptoms of depression
- Identify and solve life problems
- Increase personal activities

During the program, participants will explore various pathways to improved quality of life, including:

- **Problem Solving Treatment:** Participants are guided in the 7-step process to define and select problems they want to address.
- **Social and Physical Activation:** Each session, the coach works with participants to increase social and physical activities that help reduce depression.
- **Pleasant Activity Scheduling:** At each session coaches encourage participants to select an activity that they would enjoy as homework.

To receive assistance through our PEARLS program or for any additional questions, please call (708) 383-8060.



**1-in-5 older adults
experience
symptoms of
depression.**

Explore this free
program that helps

**REDUCE DEPRESSION
AND FEEL BETTER**



OAK PARK
TOWNSHIP



RIVER FOREST
TOWNSHIP

The Program to Encourage Active, Rewarding Lives (PEARLS) is a free program available to older adults age 60+ living in Oak Park or River Forest who are encountering different kinds of depression.

This program is designed to reduce depressive symptoms in older adults through confidential, high-quality wellness care. Over a six-month period, including 6-8 sessions total held at home, phone, or virtually, a coach works directly with the participant to explore pathways to improved quality of life by focusing on personal goals, increased social and physical activities, problem-solving skills, and more.



For more information, call (708) 383-8060 or email seniors@oakparktownship.org

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