



Program to Encourage Active and Rewarding Lives for Seniors

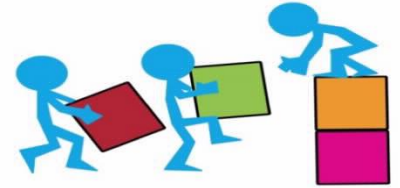
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Presentation Overview

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What is PEARLS?



- Evidence-Based program
 - Developed at University of Washington – Research projects completed with seniors and with people with epilepsy
 - Evidence-based meaning - Shown overtime that depressive symptoms decreased
 - Pre-test/Post-tests: PHQ-9, Quality of Life Tool
- Prevention-Early Intervention
 - Not aimed for seniors who have longstanding depression (other exclusions: psychosis, bi-polar, substance abuse, cognitive decline)
 - Community-based treatment program

What is PEARLS?

- Empowering, collaborative and skill-building
- Free service for qualifying participants
- Meets with client in their home or desired location within their own community
- 6-8 sessions that titrate from weekly to monthly
- Monthly follow up phone calls thereafter for 3-4 months

PEARLS Staff

- Bachelor degreed staff
- Trained as PEARLS Counselors
- Participate in bi-monthly case consultation with Geriatric Psychiatrist
- Program Supervisor is Licensed Clinical Social Workers
- PEARLS staff receive ongoing supervision with Program Supervisor
- Monthly Meetings with RUHS-BHS Fidelity Staff

Who is eligible for PEARLS?

- 1) Individuals experiencing symptoms of depression (feeling down, experiencing sadness, loss of hope or interest, etc.)
- 2) 60 years old or older
- 3) Resident of Riverside County
- 4) Individual must want to participate in PEARLS



Ineligible for PEARLS

- 1) Seniors who have diagnosis of Psychosis, Bipolar, Current Substance Abuse, or Cognitive Decline
- 2) Have completed PEARLS in the past
- 3) Under the age of 60 years old
- 4) Resident outside of Riverside County

Goals of PEARLS

- 1) Decrease symptoms of depression
- 2) Increase quality of life for participants
- 3) Increase participation and involvement in social, physical, and pleasant activities

Target Populations

- PEARLS is funded by Riverside University Health Systems Department of Behavior Health (RUHS-DBH).
- RUHS-DBH and ICRC prioritize but not limit the program to:

Underserved/Unserved Populations

Hispanic/Latino

Asian/Pacific Islander

Native American

African American

LGBTQ

Deaf and Hard of Hearing

Screening Process

PEARLS screening process is open to anyone who meets basic criteria

Screening conducted by a PEARLS Counselor in the home

- Demographic information gathered
- Complete Patient Health Questionnaire 9 (PHQ-9)
- Complete Quality of Life Tool
- Complete other PEARLS assessments
- Develop Problem List (either at end of screening, as time permits, or at first session)

Screened Out Process

Criteria for PEARLS is designed for participant success.

In the event the person is screened out the PEARLS counselor will:

- Communicate with case manager or referring party in order to provide person with appropriate services and referrals.
- Inform person
- Provide person with three referrals if no case manager involved.
 - Person screened out may be able to have another screening in 6-12 months.

Screened In Process

PEARLS Counselor discusses potential participant after screening with:

- Clinical Supervisor
- Consulting Psychiatrist
- RUHS-BH Fidelity Liaison as needed

To determine PEARLS is a good fit for potential PEARLS participant.

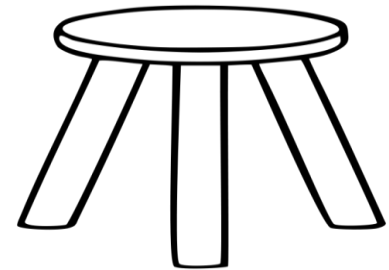
After determination made, PEARLS Counselor contacts Client and schedules 1st session

Components

Three legged stool model:

Each session will include these three components that encourage and engage participant in identifying criteria in the following areas:

- 1) Problem Solving Treatment (PST).
- 2) Social and Physical Activation (SPA).
- 3) Pleasurable Activity Scheduling (PAS).



Problem Solving Treatment Goals

- 1) Teach problem solving skills
- 2) Identify problems and set achievable goals
- 3) Understand the link between depressive symptoms and the identified problems
- 4) Increase autonomy

Problem Solving Treatment

Each session the participant will

- 1) Work with Problem List that is started in session one
- 2) Identify and clarify how it impacts participants depressive mood or feelings
- 3) Set a realistic goal
- 4) Generate possible solutions
- 5) Evaluate and weigh their options towards solution
- 6) Select a possible solution
- 7) Identify the steps in order to complete goal
- 8) Client will rate their confidence level

Social and Physical Activation

- Increased activity in order to decrease depressive symptoms
- Participant can select things inside or outside the home to do
- Activities are consistent with the participants physical capabilities
- Participant selects activities they feel confident in performing and completing

Pleasurable Event Scheduling

- Counselor encourages client to engage in pleasant activities
- Has been shown to decrease depressive symptoms.
- Can be done alone or with another person(s)
- Client selection can overlap with Social and Physical Activation

The PEARLS Sessions

Each Session:

- Complete PHQ-9
- Complete PEARLS worksheet
- Identify Problem to work on in that session
- Choose a Solution for the Problem
- Rate confidence level for the Solution Activities
- Discuss/Identify Activities
 - Pleasurable Event, Physical Activity, Social Activity

The PEARLS Worksheet

1. Problem

2. Goal

3. Possible Solutions

- a.
- b.
- c.
- d.

4. Solution Evaluation

Advantages

- a.
- b.
- c.
- d.

Disadvantages

- a.
- b.
- c.
- d.

5. Solution Choice

6. Steps to Achieve Solution

6. Confidence Scale

1____2____3____4____5____6____7____8____9____10

7. Activity Planning:

Pleasant

Physical

Social

Follow Up and Completion

- Counselor makes 3 – 4 monthly calls to client
- Pre and Post Assessments indicate degree of decrease in depressive symptoms and increase in Quality of Life for the participant
 - ❖ PHQ-9
 - ❖ Quality of Life Survey

PEARLS IS NOT

- “Talk Therapy”
 - PEARLS is an evidenced based, behavioral health intervention to decrease symptoms of depression and increase quality of life
- Case Management
 - Primary goal of the program is to teach problem solving skills to clients so they become their own case manager.

Seniors and Depression

Often Seniors do not want to acknowledge feeling depressed.

- Pay attention to words used in conversation:
 - Feeling sad
 - Going through tough times
 - Nothing brings me joy/I have no interest
 - No one visits or calls me
 - I'm always tired
 - Down in the dumps
- Use their words to support and validate their feelings and introduce and refer senior to PEARLS program

Testimonials

- “All these skills helped me to realize I have a life I can enjoy. Before PEARLS, I did not see beyond a day.”
-Participant who completed PEARLS program
- “PEARLS provided me with a new perspective on life.”
-Participant who completed PEARLS program
- “This program is life changing.”
-Retired PEARLS counselor



What people
are saying!

Inland Caregiver Resource Center (ICRC)

- Private, non-profit agency
- One of 11 Caregiver Resources Center's throughout California
- Provides services throughout Riverside and San Bernardino Counties
- Initially provided services to family caregivers of adults with brain impairing conditions
- Expanded services to include caregivers of seniors 60 years of age older with need for assistance with at least 2 ADL's
- Also provides limited in home services (housekeeping, personal care, companionship) for seniors (at least 60 years old) not necessarily in caregiver situation

ICRC Services

- Information, assistance, and referrals
- Family Consultation
- Support Groups
- Education
- Outreach
- Respite and In Home Care
- Short Term Counseling
- Caregiver Conferences
- Community Based Occupational Therapy Program (San Bernardino County only)
- PEARLS (Riverside County only)

Referral Process

- Client can be self referred through contacting ICRC
- Referring agency can fax referral form to ICRC with client's signature/authorization

Inland Caregiver Resource Center

contact information for all referrals

1430 East Cooley Drive Suite 240

Colton, CA 92324

(800) 675-6694

FAX: (909) 514-1613

www.inlandcaregivers.org

Client will be contacted to schedule screening appointment

Thank you!

Any questions?

