

# Program to Encourage Active and Rewarding Lives



Did you know that one in five older adults experiences depression? This illness is the most common mental health problem among adults 65 and older, and if left untreated, can drastically affect a person's health, function and quality of life. The **Program to Encourage Active and Rewarding Lives (PEARLS)** is an individualized evidence-based program, offered in 6–8-week sessions virtually or in-person, designed to reduce depression and social isolation symptoms in older adults.

## Who is Eligible?

Adults 60 years of age and over in Anson, Cabarrus, Gaston, Lincoln, Iredell, Mecklenburg, Stanly, Rowan or Union County experiencing symptoms of depression.



## Signs & Symptoms of Depression

- Persistent sad, anxious, or "empty" mood
- Feelings of hopelessness, guilt, worthlessness or helplessness
- Irritability, restlessness or having trouble sitting still
- Loss of interest in once pleasurable activities, including sex
- Decreased energy or fatigue
- Moving or talking more slowly
- Difficulty concentrating, remembering or making decisions
- Eating more or less than usual, usually with unplanned weight gain or loss
- Thoughts of death or suicide, including suicide attempts

**For questions or requests for more information, contact...**

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