

Caregiving isn't easy. +



But it shouldn't feel hopeless.

If you're a caregiver age 60 or older who has been feeling depressed, isolated, frustrated or lonely, the Program to Encourage Active, Rewarding Lives, known as PEARLS, can help. The program offers six to eight one-on-one in-home coaching sessions to help caregivers reduce mild to moderate depression and build healthier, happier, more active lives.

With a coach, caregivers will:

- Identify, define and address specific problems.
- Learn what depression is (and is not).
- Develop skills to self-sufficiently manage caregiving burdens.
- Increase social and physical activities to improve mood.
- Learn problem-solving techniques to become a better caregiver.
- Discover additional resources for managing caregiving responsibilities.

The program is a **free service** for caregivers ages 60 and older.

If you have difficulty using this document's content, please email access@drcog.org or call 303-455-1000. Please expect a response within 72 hours (three business days).



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PEARLS
Program to Encourage Active, Rewarding Lives