

## **PEARLS at ICRC**

**P**rogram to **E**ncourage **A**ctive,  
**R**ewarding **L**ives for **S**eniors

### **Funding**

PEARLS at ICRC is funded by grants from Kaiser Permanente and SCAN Health Plan.



*Proud  
member of:*



## **About ICRC**

Inland Caregiver Resource Center is a private, non-profit, tax-exempt, 501(c)3 corporation.

We are an independent member of a network of Caregiver Resource Centers established statewide under special legislation signed into law in late 1984. ICRC is funded by state and local grants and private donations.

Caring professionals at ICRC provide specialized services for family caregivers and seniors in Riverside, San Bernardino, Inyo, and Mono Counties.



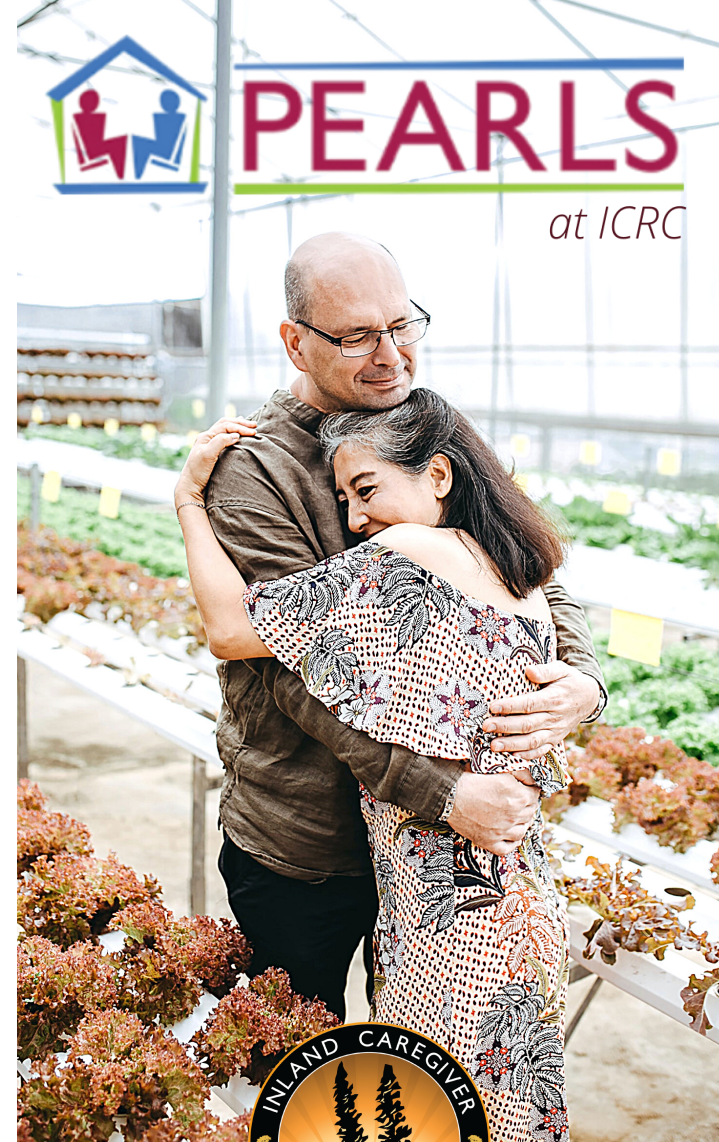
800-675-6694



1430 E. Cooley Dr, Suite 240  
Colton, CA 92324



[info@inlandcaregivers.org](mailto:info@inlandcaregivers.org)



**PEARLS**  
*at ICRC*



**Inland Caregiver  
Resource Center**

*"Helping families and communities cope with and  
manage the challenges of caregiving"*

[inlandcaregivers.org](http://inlandcaregivers.org)





## PEARLS at ICRC Testimonials

"All these skills helped me to realize that I have a life I can enjoy. Before PEARLS, I did not see beyond a day."

- PEARLS at ICRC Participant

"It is truly remarkable to see the consistent and dramatic improvement in the quality of participant's lives from when they start PEARLS to when they complete the program."

- Robert, Former PEARLS at ICRC Counselor

## What is PEARLS

A community-based early intervention program that uses:

- Problem solving treatment methods
- Social and physical activation
- Enjoyable events to decrease symptoms of depression



PEARLS at ICRC consists of 6 to 8 sessions that take place in the client's home or community setting.

Currently, PEARLS at ICRC screenings are being offered virtually by phone and video.

This program is for older adults aged 60 or over who live in Riverside County.

The PEARLS program offered at ICRC is used nationwide. It is an evidence-based approach created to reduce depressive symptoms and improve quality of life for seniors. PEARLS enables older adults to create long-term changes allowing for a more active and rewarding life.

## Is PEARLS at ICRC right for you?

- ☐ Do you have little interest or pleasure in doing things?
- ☐ Do you feel down, sad, or hopeless?

If you experience one or both of these, you may qualify for PEARLS at ICRC.

