PEARLS OC

Program to Encourage Active, Rewarding Lives for Seniors



Who We Are

The Council on Aging – Southern California has been a trusted nonprofit organization since 1973. We provide unbiased information, programs, and services to more than 100,000 adults and families annually.

PEARLS OC is an evidence-based program that offers culturally and linguistically responsive holistic services that have demonstrated effectiveness in reducing depressive and loneliness symptoms, increasing quality of life, and advancing health equity in community dwelling older adults.

Program Eligibility

- Orange County adults aged 60 and older
- Individuals experiencing isolation, depression, and/or chronic health conditions
- Individuals willing to participate in the program

CONTACT US – WE CAN HELP

We are open Monday through Friday from 8:00 A.M. to 5:00 P.M. The PEARLS OC Program is offered in English, Spanish, Vietnamese, Korean, Farsi, and to Veterans.

> (714) 492-1874 | pearlsoc@coasc.org www.coasc.org/pearlsoc

What We Do

Our program provides 4 to 6 months services at no-cost to participants that includes:

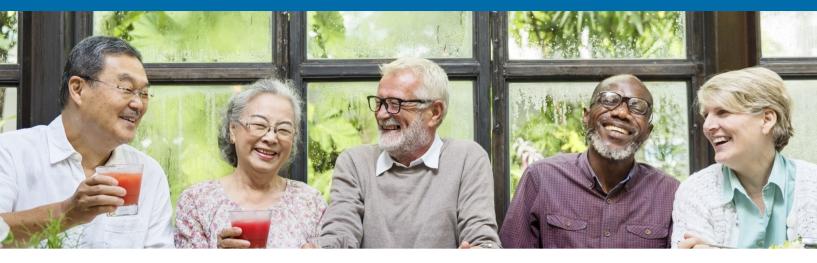
- Outreach and education
- In-home and/or virtual services
- Individual screenings
- Participant psychoeducation
- Training for problem-solving
- Goal setting
- Skill building coaching
- Social and physical activation
- Progress review
- Referrals to appropriate services
- Follow-up services

Services available at:

- COASC main office county wide
- OCAPICA



Council on Aging Programs Helping Seniors Remain Healthy, Connected & Protected



- Answers Guide Available in print and online, Answers has information on healthcare, caregiving, finance/legal, housing and more.
- Friendly Visitor Program Provides companionship and social support to isolated, frail adults in Orange County.
- Health Insurance Counseling and Advocacy Program (HICAP) –

Provides free, unbiased, individual Medicare counseling and seminars.

 Long-Term Care Ombudsman
Program – Advocates for the rights of older and disabled adults living in skilled nursing and residential care facilities.

- PEARLS OC The Program to Encourage Active, Rewarding Lives for Seniors (PEARLS) is a late-life depression care management program for older adults.
- ReConnect EISOA Program Provides free, complex case management services, short-term therapy, and group activites to OC residents aged 60+.
- Senior Protection Program & FAST – Educational seminars to help you avoid financial predators and limited consultation on matters of abuse.
- SmileMakers Progam Provides holiday gifts to over 6,500 residents in long-term care facilities in Orange and Riverside Counties.

OF EVERY DOLLAR SPENT DIRECTLY SUPPORTS OUR PROGRAMS & SERVICES

We are funded by individuals, businesses, grants, and government contracts. VOLUNTEER AND LEARN MORE AT WWW.COASC.ORG









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Council on Aging - Southern California is a nonprofit 501(c)(3) organization **2 Executive Circle, Suite 175, Irvine, CA 92614 | www.coasc.org**