

# 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

## 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

## 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](mailto:pearlsoc@coasc.org)**  
**[www.coasc.org/pearlsoc](http://www.coasc.org/pearlsoc)**



**PEARLS OC**

a Program of Council on Aging

# 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 activities 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 Program** – Provides holiday gifts to over 6,500 residents in long-term care facilities in Orange and Riverside Counties.

88%

**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](http://WWW.COASC.ORG)**



**Council  
on Aging**  
Southern California



**PEARLS**  
Program to Encourage Active, Rewarding Lives



**ocapica**

Program funded by the California Mental Health Services Oversight and Accountability Commission (MHSCAC) and delivered in partnership with the University of Washington Health Promotion Research Center (UWHPRC) and OCAPICA.

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