



EngAGED

The Senior Center serves as a hub for seniors to connect with peers, access resources, receive nutritious meals, and participate in activities that enhance their quality of life. In efforts to create a positive environment for seniors who frequently visit the Senior Center, the **EngAGED** initiative was developed.

The objective of EngAGED is to create a supportive atmosphere at the Senior Center, by encouraging seniors to build valuable connections with one another, cultivating a sense of belonging.

This supportive approach helps build self-esteem and empowers seniors to engage more fully with their surroundings and peers. Having meaningful conversations and shared experiences with each other, not only enriches their social lives, but helps mitigate feelings of loneliness and disengagement, creating a more vibrant and inclusive community at the Senior Center.

Additionally, EngAGED encourages open dialogue among seniors to help address underlying emotional issues before they escalate. These measures help reduce misunderstandings and conflicts, creating a more harmonious environment that allows everyone to feel safe and welcomed at the Senior Center.



Contact Us. We're Here To Help.



Phone

Engaging Aging for Wellness Line
(775) 328-2766

Main Senior Services Line
(775) 328-2575



Address

1155 E. 9th Street
Reno, NV 89512

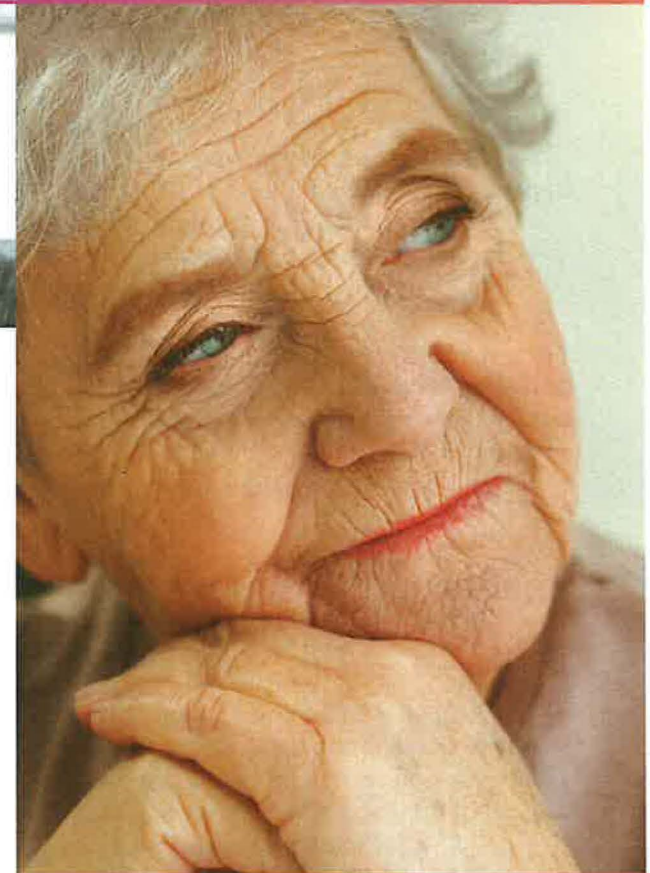


Website

washoecounty.gov/seniorsrv/



HUMAN SERVICES
AGENCY



Washoe County Senior Services

Engaging Aging for Wellness



HUMAN SERVICES
AGENCY

A Continuum of Care for Older Adults

Engaging Aging for Wellness

About Our New Program

In efforts to continuously enhance the quality of lives for seniors in our community, Washoe County Senior Services has implemented a program called **Engaging Aging for Wellness**.

The program consists of 2 separate initiatives:

- 1 The first is an Evidence-Based model, called **PEARLS**, where coaches trained in the PEARLS model, engage seniors in a 19-week methodology, including 8 1-hour sessions focused on problem solving treatment and behavioral activation to help reduce their depression.
- 2 The second, called **EngAGED**, focuses on senior social interaction and participation for those who frequently visit the Senior Center. The objective is to help increase friendly visiting and activity involvement; reducing isolation, and aiding in decreasing the number of episodes that occur at the Senior Center.

Senior Services will be collecting data to monitor outcomes of individuals that are participating in the program, keeping all information confidential. The program offers involvement and oversight from a trained Senior Services Supervisor, a Licensed Clinical Social Worker, Psychiatric Nurse and an Advanced Practice Registered Nurse.



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

- PEARLS Participant

PEARLS

Depression among seniors is a significant concern, as it can be overlooked or misattributed to normal aging. Many factors contribute to depression in older adults, including isolation, loss of loved ones, chronic health conditions, and major life changes or moving to a new living situation. Symptoms may manifest as persistent sadness, loneliness, withdrawal from social activities, changes in sleep or appetite, and feelings of worthlessness.

Addressing late-life depression is vital for enhancing a senior's quality of life. The **Program to Encourage Active, Rewarding Lives (PEARLS)** is an effective skill-building initiative that educates seniors about what depression is (and is not), and helps them manage, and overcome their depressive feelings to maintain their health, happiness, and independence.

PEARLS is adaptable and flexible to the unique needs and perspectives of the individual. The program supports seniors in gradually learning to problem solve on their own.

What PEARLS Offers

- **Active Learning Engagement**
Empowers seniors by teaching them the skills necessary to take action and make lasting life changes so they can lead a more fulfilled and rewarding life.
- **Effective Collaboration**
Offers a client-driven team-based approach that offers collaborative team dynamics.
- **Stability & Wellness**
Aids in defining problems and promoting self-sufficient ways to reduce symptoms of depression and improve health related quality of life.
- **Accessible Support**
Helps seniors regardless of their backgrounds and experiences, and considers the unique challenges faced by the individual and tailors support accordingly.

Helping Older Adults With Depression
Create Happier, Healthier Lives.