



## PEARL

### Program to Enhance Adjustment to Residential Living. An innovative program to assist older adults transition to residential aged care

This is the first program designed specifically to **improve quality of life** and **reduce depression** in newly admitted aged care residents

#### Key elements of PEARL intervention

- Provided by trained clinicians, at no cost
- Simple, brief and adapted to characteristics of each facility
- Tailored to each resident's needs, interests, aptitudes and background
- Suitable for the majority of older people, including those with mild-moderate dementia
- Program focuses on key aspects of psychological wellbeing that provide residents with resilience to depression
- Involves collaboration with care staff

#### Benefits for residents

- Enhances fundamental aspects of psychological wellbeing:
  - Autonomy
  - A sense of choice and control
  - A sense of meaning
- Eases adjustment to residential aged care
- Reduces severity of depressive symptoms
- Prevents escalation of depressive symptoms into serious disorders
- Improves quality of life
- Lowers risk of residents developing other health problems

#### Benefits for facilities

- A cutting-edge approach that focuses on healthy ageing
- In-house training for facility staff in helping older people to adjust to the facility
- Assistance from a trained clinician in writing care plans that improve resident wellbeing
- Enhanced staff confidence, competencies and efficiency
- More person-centered and collaborative care

#### Psychological wellbeing in aged care

Older adults and their families often find the transition to aged care extremely difficult.

**Half** of all newly admitted residents experience substantial **symptoms of depression**.

**Quality of life is poor** among older adults in residential care compared to their peers in the community.

**Less than 1%** of Australian residents have any access to **psychological support**.



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