



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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