



TAKE THE PEERCOVERY® FOR SENIORS QUIZ!

These Questions Will Help You Know If **Peercovery®** Is Right For You

Circle the answer that best describes how you felt over the past week:

1. Are you basically satisfied with your life? Yes or **No**
2. Have you dropped many of your activities and interests? **Yes** or No
3. Do you feel that your life is empty? **Yes** or No
4. Do you often get bored? **Yes** or No
5. Are you in good spirits most of the time? Yes or **No**
6. Are you afraid that something bad is going to happen to you? **Yes** or No
7. Do you feel happy most of the time? Yes or **No**
8. Do you often feel helpless? **Yes** or No
9. Do you prefer to stay at home rather than going out and doing things? **Yes** or No
10. Do you feel that you have more problems with memory than most? **Yes** or No
11. Do you think it is wonderful to be alive now? Yes or **No**
12. Do you feel worthless the way you are now? **Yes** or No
13. Do you feel full of energy? Yes or **No**
14. Do you feel that your situation is hopeless? **Yes** or No
15. Do you think that most people are better off than you? **Yes** or No
16. Do you use alcohol or intoxicating drugs more than you would like? **Yes** or No

IF YOU CIRCLED 5 OR MORE “underlined” ANSWERS, WE CAN HELP YOU FEEL BETTER!
Call **484-301-5100** to speak to a compassionate care manager.

SEE REVERSE FOR PEERCOVERY® BENEFITS

www.peercovery.com | 484.301.1500 | call or text 24/7 | Serving The Delaware Valley

Each **Peercovery®** agency is independently owned and operated.



ALERT: Mental Health And Substance Use Conditions Affect All Ages, But The Needs Of Older Adults Are Often Overlooked!

See what **Peercovery® For Seniors** can do for you:

- Compassionate certified mental health and substance use recovery specialists who come to your home, *24/7--no office visits!*
- Customized physical and mental health planning based on your desires and goals--coping with life's changes, maintaining independence
- Enjoyable in-home and community-based therapeutic activities for improved physical and mental wellness
- Courtesy transportation for appointments and activities to help you stay engaged in the community*
- Evidence-Based Program--based on Yale School of Medicine research
- Support, strategies, and resources to improve your overall comfort and wellbeing and improve your social and emotional functioning
- Support, strategies, and resources to help reduce substance use (alcohol, smoking, painkillers, drugs)
- Loyal personal guides and companions you can count on to listen, respect your dignity and independence, and be your advocate
- Family/Provider/Senior Care Support--we specialize in working with families, health care providers, and facilities that care for older adults!

TURN OVER FOR A SHORT QUIZ TO SEE IF **PEERCOVERY®** IS RIGHT FOR YOU!

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* Where available and permitted by law. Each **Peercovery®** agency is independently owned and operated.