

## Pathways is Here to Help

If you are recovering from an illness or coping with a serious illness at home, the caring professionals at **Pathways Home Health** will help you recover with confidence.

- Short-term, skilled care designed to meet your goals in the privacy and comfort of your own home.
- A team of caring professionals to guide and coach you to a healthier way of living with home visits as requested by your doctor.
- We provide education and support so you and your caregivers learn how to successfully manage care at home.
- A nurse is available 24 hours a day for telephone consultation or visits if needed.

*Pathways Home Health care is about you!*



*"My medications were so confusing. I was afraid I would forget and take the wrong one. My nurse helped me organize them. No mistakes now!"*

*She went above and beyond in her duties, and I feel I made a new friend."*

## Arranging Home Health Care

If hospitalized, talk with your doctor or hospital case manager about home health care and ask for Pathways as your home health provider.

- We will work closely with them to provide a smooth transition from hospital to your home.

If you are not in the hospital, but are mostly confined to home, you can talk with your doctor or with our admissions staff.

- We will work with your doctor to develop a plan for your home health care, and our insurance coordinator will verify benefits for you.

### Contact Us

Pathways brings a wealth of experience, confidence and compassion to the patients and families we serve.

- Whether you are a patient, a family member, a physician or other medical professional, we'd love to hear from you.
- **Call us today at 1.888.755.7855** and ask to speak to an admissions nurse or the home health liaison nurse at your hospital.



[www.PathwaysHealth.org](http://www.PathwaysHealth.org)

1.888.755.7855

Community Based, Not-for-Profit



## Pathways Family of Services Home Health Care



## Caring for Life



PATHWAYS

Home Health & Hospice  
Private Duty

[www.PathwaysHealth.org](http://www.PathwaysHealth.org)

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# Home Health Care

## Recover with Confidence

Our patients discover very quickly that skilled care and compassion are the heart of everything we do. High quality patient care is all in the details.

- Professional staff coordinate the admission process for a seamless start of care.
- A wide range of services that include skilled home health care, rehabilitation, and palliative care.
- We are there when you need us — seven days a week, with a nurse on call 24 hours a day for consultation or home visits.

## What Makes Pathways Special?

Pathways has unique qualities that have made it the premier Bay Area provider for more than 33 years. Some of these are:

- Community based, not-for-profit
- Accreditation from The Joint Commission, like the best hospitals
- Affiliations with El Camino and Sequoia Hospitals, and established by Stanford Physicians
- Physicians and nurses certified in symptom management and palliative care.
- Integrative Therapies Program
- Family of Services including home health, private duty, and hospice care.

*"I wasn't sure I would ever be able to walk again or dress myself. The therapists at Pathways taught me exercises and ways to adapt my home to be independent."*

# Caring for Life

## Your Team

Each person's care is unique. Your doctor may decide you need help from one or more of the following professionals who will keep your doctor informed of your progress and concerns:

- **Nurse** - visits to provide assessment and teaching needed for healing, disease and medication management, pain and symptom control and more — all to enhance your quality of life.
- **Physical therapist, occupational therapist and speech pathologist** - develops a coordinated rehabilitation plan based on your personal goals and needs to safely promote and enhance your mobility and daily activities.
- **Home health aide** - may provide personal care. Bathing, dressing, changing the bed, and friendly conversation are all part of aide's visit.
- **Social worker** - visits to provide short-term counseling, financial and resource planning, and long term care arrangements, as needed.
- **Dietician** - consults with the team to evaluate your diet and teach you to plan meals to reach your health goals.

## Payment for Care

Medicare, Medi-Cal and many insurance plans cover home health care visits provided by a licensed agency like Pathways, when ordered by your physician. We will work with your insurance provider to review your benefits.

# Specialty Programs



## Nursing Services

- Adult home infusion therapy
- Cardiopulmonary disease management
- Diabetic educator services
- Wound and ostomy specialists
- Behavioral and psychiatric interventions

## Rehabilitation Services

- Stroke rehabilitation
- Fracture and joint rehabilitation
- Home safety and mobility instruction
- Speech and language intervention

## Palliative Care Team

- For patients receiving treatment for a life-limiting illness and a life expectancy of 12 months or less who need comprehensive support at home.
- Specially trained Pathways KIDS team for pediatric patients in need of palliative care.

## Arranging for Care

Just call us at 1.888.755.7855 and ask to speak to an admissions nurse or the home health liaison nurse at your hospital.