

## About Us

Healthy Aging Pathways is a program of the Peninsula Health Care District in partnership with Catholic Charities of San Francisco.

This partnership leverages the strengths of both organizations to provide comprehensive and compassionate case management services.

Our shared vision is to empower seniors in the mid-peninsula region so they may age with confidence and independence.



## Your Partner on the Path to Healthy Aging

If you or a loved one can benefit from Healthy Aging Pathways, please contact us.

Our team is located within the Peninsula Health Care District Health & Fitness Center.



### Our Address

1875 Trousdale Dr.,  
Burlingame, CA 94010



### Contact Us

(650) 239-2211  
info@hathways.org

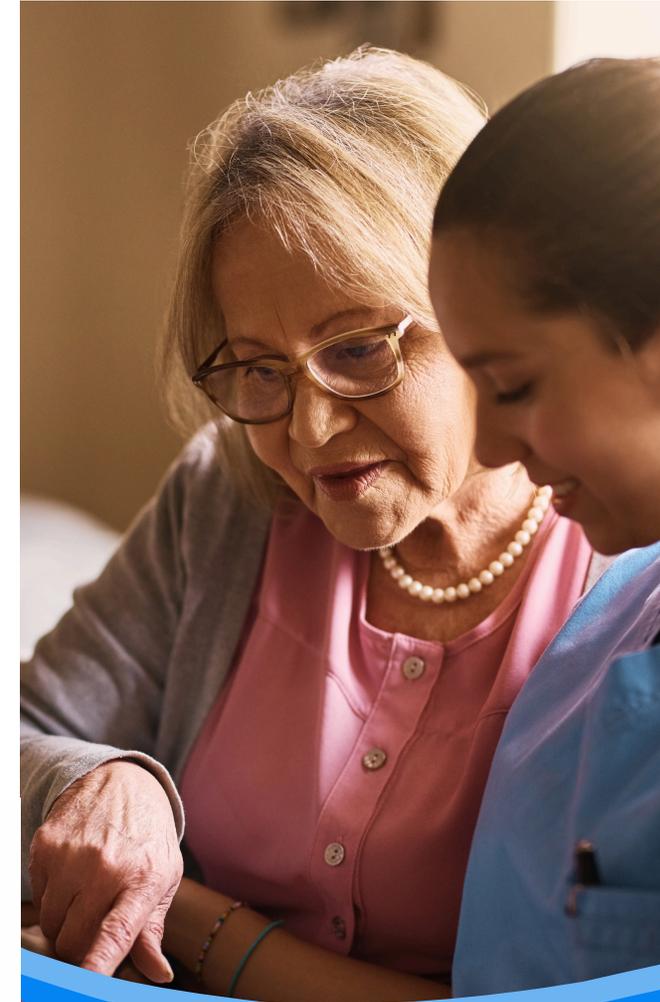


### Website

hathways.org

## Healthy Aging Pathways

Age at home with confidence.



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Website



# Healthy Aging Pathways

Age at home with confidence.

Healthy Aging Pathways provides free to very low-cost, personalized case management for seniors living in San Mateo, Burlingame, Millbrae, San Bruno, Hillsborough, and Foster City.

Our caring professionals help seniors access resources, navigate care systems, and connect to services for confident, independent living at home.

## Our Promise:

**Tailored Support** services for your family's unique needs.

**Holistic Approach** focused on different aspects of health and well-being, including housing, social connections, counseling, and finances.

**A Focus on Independence** so seniors can age in place, stay active, and feel connected.

**Affordable Care** and quality services offered on a sliding scale.



## Discover Personalized Support Designed for You

**1. Information & Referral:** We connect you to local resources, helping you make informed decisions.

**2. Short-Term Case Management:** Up to 3 months of support to connect you with services.

**3. Comprehensive Assessment & Support:** We offer in-depth evaluations, creating a personalized care plan (up to 9-12 months) to address urgent or complex needs, and quarterly home visits (if needed).

## Our Core Beliefs:

Healthy Aging Pathways is dedicated to providing compassionate, respectful, and holistic support so older adults can age with dignity and independence.

We welcome people and families from diverse socioeconomic, cultural, and linguistic backgrounds and identities to meet with us about your needs.

**Our team looks forward to connecting meaningfully with you.**