



*An educational and supportive program for  
those facing an advanced or chronic illness*

# Pathways

Making crucial choices is often a challenge for people living with advanced or chronic illnesses. Having the right information at the right time is an important way to achieve the ultimate goal of maintaining quality of life.

In a step-by-step, individualized, process the Pathways™ program provides just that kind of education for decision-making. Pathways™ can help patients and families learn about the practical, emotional, spiritual and medical issues faced by those dealing with advanced or chronic illness. Participants actively learn more about the choices they have and ways to deal with the issues that chronic or advanced illness sometimes brings.

The specific issues addressed and the number of educational sessions varies depending on the needs and direction of the Pathways™ participants. Working with the physician, the Pathways™ facilitator empowers patients and families to take charge, and deal with issues that accompany chronic or advanced illness by offering life-enhancing education on issues such as:

- Communication issues
- Defining Quality of Life
- Coping Strategies
- Practical Issues
- Emotional Issues
- Spiritual Issues
- Advanced Directives

Sessions can be provided in the comfort of the

home; the hospital or another agreed-upon location, depending on the patient's and family's convenience. It is important to know that this program does not involve medical care or medical advice, which continues to be directed by the patient's physician.

Pathways™ is a community outreach service of Texas Non-Profit Hospice Alliance.

Why Texas Non-Profit Hospice Alliance?

Because our team of professionals is specially trained to deal with the life enhancing issues addressed in this program, making it a natural extension of our mission.

How do I get more information?

If you would like more information about Pathways™ you can visit us at [www.pathwaysprogram.net](http://www.pathwaysprogram.net), telephone us toll free at 800-276-1387 or email us at [info@tnpha.org](mailto:info@tnpha.org).

Our representatives will answer your questions and get you in contact with Texas Non-Profit Hospice Alliance staff members as soon as possible. You can also discuss the program with your physician.