



**Professional Assessments and Treatment
for Homebound Seniors
(PATHS)**

PATHS SERVICES:

- PATHS provides in-home counseling to homebound older adults experiencing symptoms of anxiety and/or depression which interfere with their daily activities.
- Expert counselors visit you in the privacy of your home (a maximum of four visits) and work with you to reduce the impact of anxiety and/or depression on your daily life.
- The counselors can match you with volunteer coaches who will support you as you become independent and connected to your community.

PATHS can help if you are:

- A Monroe County resident
- 60 years of age or older
- Experiencing anxiety and/or depression
- Residing in a community setting (single home or apartment)
- Unable to access traditional counseling services

**The PATHS Collaborative is a partnership of ELDERSOURCE,
Catholic Family Center, Jewish Family Service, and
the Mental Health Association.**

**PATHS is funded by the United Way of
Greater Rochester and the Monroe County Office for the Aging**

To find out more about PATHS, contact ELDERSOURCE at 325-2800.