



INTRODUCING..

# RALSTON

My Way

## Care Management

ASSESSMENT, PLANNING AND  
CARE COORDINATION FOR  
OLDER ADULTS

We can ease the anxiety associated with needing to make complex decisions when you do not know your options.

### Our Care Manager will

- \*Assess your situation and need
- \*Develop a plan for your care
- \*Identify the right resources
- \*Coordinate services
- \*Work with you and those you care about you

*To learn about our rates or  
speak to our Care Manager,  
call us at 215-525-5470.*

### WE ALSO OFFER AFFORDABLE HOME CARE, REPAIRS AND MORE:

#### HOME CARE SERVICES

Bathing  
Dressing  
Grooming  
Light housekeeping  
Laundry  
Meal preparation

#### HANDYMAN REPAIRS AND MAINTENANCE

Small projects and repairs

#### YARD WORK

Our services change with  
the seasons - ask us!

#### ERRANDS AND TRANSPORTATION

Rides to:  
Doctor's appointments  
Airport  
Social events  
Grocery shopping  
Pick up/drop off prescriptions

#### CHORES

House cleaning  
Pet care  
Hang curtains  
Rearrange furniture  
Pack boxes  
Water plants  
Gardening  
Help with technology

Call us today at **215-525-5470** to tell us how we can make your life easier.  
7051 Germantown Avenue • Philadelphia, PA 19119 • [www.ralstonmyway.org](http://www.ralstonmyway.org)