



## Trusted Guidance and Support Through Life's Constant Changes

*Whether you're faced with disability or aging-related needs, illness, dementia or injury, we're here to help.*

### What Do Continuum's Care Managers Do?

Care managers serve as professional, personal advocates for clients and their families, to arrange, manage, and monitor various types of health and social services in order to:

- Meet long-term care needs;
- Improve quality of life; and
- Maintain a person's independence.

### Who Can Benefit From CCM?

- Clients looking for a care coordinator and advocate
- Family seeking care analysis and guidance of services for a loved one
- A professional seeking care coordination/oversight for a client or employee

### How Can CCM Help?



#### *Client Advocacy and Family Mediation*

- Ensure the client's best interests for health and well-being
- Research, recommend and coordinate any additional services
- Help with resolving conflicts and navigating family dynamics

#### *Care Planning and Management*

- Make recommendations for home safety changes
- Provide oversight and guidance for caregivers
- Help prevent/manage health crises
- Serve as emergency contact or Medical Power of Attorney

#### *Residential Transitions*

- Research, recommend residential transitions
- Help with coordinating a move

**Let Continuum's Care Managers alleviate  
your stress while improving care.**

**(314) 686-4465  
ContinuumCareMgt.com**

## About Our Care Managers

**Catharine Matthews, RN, BSN, CCM, Director of Care Management**, oversees our exceptional care management team of professional nurses and social workers.

Catharine is an advanced professional member of the Aging Life Care Association and has almost two decades of experience as an RN, caring for those with complicated medical histories, dementia, and psychiatric illness. Her calming demeanor and caring nature put families at ease, providing comfort, reassurance, and the solutions needed.



**AGING life CARE™**  
ASSOCIATION  
MEMBER

**Darby McMillen, BSW, Care Manager**, has loved the St. Louis area since attending college at SIU-E. After graduating with a degree in social work, Darby has spent the past 16 years providing case management services and enjoys helping others reach their personal goals and live their lives to the fullest.



## What Our Clients Are Saying

We can't say enough about what you have meant to Linda and me. The care you have given us is amazing. The peace of mind has allowed us to live a wonderful life. We thank you and CCM so much.

— Fred and Linda P.

At the time I used the services of Continuum Care Management, my 93-year-old mother had suffered three falls, each one progressively worse. The Care Managers (at CCM) are professionals with excellent communication skills who take initiative when appropriate. I honestly don't know what I would have done without this service. Having time to do research and make plans in a reasonable time frame enabled us to make the best decision about our mother's care. So, I am very grateful that we found Continuum Care Management, and recommend them highly.

— Susan K.

**Call (314) 686-4465 to arrange a no-obligation home visit and we'll develop your care plan for a better tomorrow.**



*CCM is part of the Continuum family of services.*