



## 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



### Sandra Cain, RN Care Manager

Sandra has 40 years of experience as a Registered Nurse, helping patients and clients throughout the journey of life.

Sandra's career has included postpartum care of new moms and their babies, teaching military EMTs in Germany, and caring for oncology patients with surgery, radiation and chemotherapy. She has worked in infusion centers and as a Director of Nursing for a local home healthcare franchise, supervising caregivers and managing infusions and wound care. Throughout her career, Sandra's passion has been to help clients and caregivers experience only the best care. Through teamwork, education and recognition of appropriate resources, Sandra enjoys assisting clients and families with identifying options to meet their individual needs.



**AGING life CARE™**  
ASSOCIATION  
MEMBER



### Cathy Pasierb, MSW, LCSW, Managing Director

Cathy is a caring leader with over 27 years of social work experience with a focus in gerontology and management. She began her career as a long-term-care social worker and geriatric care manager. In 2003, Cathy began to work for Continuum as the Director of Care and quickly moved to its Executive Director. She is a driven individual who has vast experience in mental health care. Cathy has a serving spirit and always wants what is best for the client and their well-being.



### Lauren Fahrenhorst, Care Manager

Lauren is a conscientious and compassionate professional who has worked in geriatric care for over 12 years. This experience includes developing and directing a private duty program as well as fulfilling positions as Director of Resident Care and Executive Director of a nationally-owned independent senior living community. Her goal is to make a positive difference in each client's life by truly understanding their needs. She excels at communication, recognizing the importance of including all those who support the individual client in the process by using a team approach in order to obtain the best solutions and outcome.



## 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.



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

**CCM™**  
CONTINUUM CARE MANAGEMENT LLC  
CCM is part of the Continuum family of services.