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CA Licensed Family Therapist,
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EDUCATION AND LICENSURE

- **1973 BA**, Art, University of California, Berkeley
- **1977 MS**, Psychology, California State University
- **1981-present**, California Licensed Marriage & Family Therapist #16485
- **1994-present**, Certificate-Brief Therapy, Mental Research Institute, Palo Alto, CA
- **1998-2004**, Certificate-Geriatric Care Management

CURRENT PROFESSIONAL AFFILIATIONS

- National Association of Professional Geriatric Care Managers
- California Association of Marriage & Family Therapists
- National Committee for the Prevention of Elder Abuse
- American Geriatrics Society
- Commonwealth Club of San Francisco
- East Bay Women's Forum: Elder Care professionals & Elder Law attorneys

GENERAL ELDER CARE EXPERTISE

- Elder Care Specialist with extensive knowledge of local, nationwide, medical & social services systems
- Comprehensive understanding of: mental & functional debility, medical & independent living challenges, care systems and gaps, elders' rejection of care including home care providers or facilities, and various technologies to replace or assist independent living and facilities
- Comprehensive clinical geriatric assessments covering: depression, psychiatric illness, dementias and Alzheimer's Disease, traumatic brain injury, chronic & terminal illnesses, medications, functional debilities, elder abuse & neglect, independent living safety, financial & legal needs, recommendations for home care vs. placement, and crisis intervention
- Long-term care planning: costs, selection & supervision of caregivers, facility selection, care monitoring, family conflict, CA elder abuse statutes, Medicaid, Medicare. California mandated elder abuse reporter.

Litigation support: emotional and physical elder abuse & neglect cases, standards of care, mental & physical capacity, and undue influence

CHRONOLOGICAL WORK ACTIVITIES

- **4/94–present: Private Elder Care Consultant, Family Counselor, and Professional Geriatric Care Manager**
- Family consultations, comprehensive clinical elder care assessments, strategic planning, and long-term case management. Verbal & written assessments. Immediate & long-term care plans for in-home care or facility placement. Elder abuse prevention through proper elder care planning. Hiring & supervision of 4–24 hour in-home caregivers. For families, private fiduciaries, attorneys, and doctors.
- **2004–2006: Litigation consultation & support, California & Nevada**
- Comprehensive depositions & medical chart review, attorney education & expert opinion for three cases. Concerns: testamentary capacity & undue influence; standards of care; severe neglect, financial abuse, and wrongful death.
- **8/96–12/01: Elder Care Consultant, University of California Office of the President, Oakland, CA, (through Employee Assistance Program)**
- Counsel employees to resolve familial elder care crises, questions, or dilemmas. Workshop & seminar leader.
- **1998–2001: Elder Care Consultant & workshop leader, Continuing Education of the Bar, University of California, Oakland, CA**
- Teach workshops on long-term care planning basics & long-term care insurance policy selection. Counseling re: elder care crises and concerns.
- **1996–1999: Nationwide corporate elder care program development & consultation, FamilyCare Inc., Pleasanton CA**
- Elder Care Resource & Referral Consultant. West Coast Division Elder Care services. Program & database development. Create Elder Care Tip Sheets. Staff training: basics of elder care & elder abuse reporting.
- **11/91–4/94: Medical Social Worker: Visiting Nurses & Hospice of Northern California, Emeryville, CA**
- In-home visits to homebound elders & the disabled. Functional debility assessments, mental status exams & community resource referrals. Treatment planning with RN's, PT's, MD's. Crisis intervention & family counseling. Common problems: functional debility, care planning, psychiatric illness, and noncompliance medical charting. APS reports
- **3/90–8/96: Social Work Consultant to four Skilled Nursing facilities:**
- Consult, advise & train Social Services staff. Medical charting. Create solutions to manage nursing home resident's mental health problems: anxiety, psychosis, agitated dementia, depression, terminal illness, family conflict & adjustment to placement.

- BOARD SERVICE
- Fine Arts Museums of San Francisco, and The Achenbach Foundation for Graphic Arts: Board member, Committee Chair, Volunteer Captain
- Former: Chaparral House Skilled Nursing Home, Berkeley, CA Board of Trustees. Secretary, Vice President
- Former: Alzheimer's Services of the East Bay, Berkeley, CA. Board member, Committee Chair
- Former: Elder Abuse Prevention

- AWARDS-selected
- **4/99 Troy Recognition Award Oakland, CA for outstanding and meritorious service in the prevention of Elder Abuse**
 - From: Kathleen J. Dorosz Former Executive of the nonprofit, Elder Abuse Prevention: ...”Mary is being honored for the efforts she has made to bring the community’s attention to issues of aging and elder abuse through her work as a journalist. In her bi-weekly columns, she has written movingly on topics such as financial abuse, the critical role of caregivers and resources they should know about; the system of In-Home Supportive Services, and suggestions for remediation, and the roles of the family in the prevention of elder abuse. Her columns reflect her personal commitment to this field as well as her ability to successfully communicate with broad audiences.”

- MEDIA, TRAVEL
- **2002–Present** Website: www.eldercarecolumn.com
- **1996–2006** Syndicated biweekly newspaper column, “On Elder Care” for Contra Costa Newspapers & Knight Ridder wire services; has appeared in 25 newspapers, including the Chicago Tribune, Baltimore Sun, and San Jose Mercury News.
- **2006** Interviewed four elderly artists for article in Works and Conversations magazine
- **2005** On-line column, “Hiring qualified caregivers”: www.Successtelevision.com
- Guest editor and article writer for California Society of Printmakers Fine Arts magazine, “Chiaroscuro to Contemporary Printmaking”
- **1999** Bilingual presentation, “What is Geriatric Care Management in the USA?” at International Case Management Conference, Montréal, Canada.
- **1998** Bilingual Elder care visits to assisted living facilities in and around Paris, France

- **1994–1996** Articles & column “Specially for Seniors” for the Hills newspapers, Oakland, CA
- **SELECTED INTERVIEWS, PRESENTATIONS, SEMINARS-selected**
- **2007** Interview with Cindi Dawson for elder care DVD *Our Aged Loved Ones*
<http://www.IJustWantToHelp.com>
- **2006** “Long Distance Elder Care Planning”
- University of California, Berkeley, Berkeley, CA
- “Successful aging in the New Millennium”
- National Council of Jewish Women, Rossmoor CA, senior living community
- **2005** “Elder Care is Family Affair”
- Commonwealth Club of California
- San Francisco, CA
- **2004** “Coping With Caregiving”
- Radio Interview, WS Radio – National On-Line interviews
- “Talk it Up & Plan Ahead: 10 Essential Elder Care Planning Steps”
- Lafayette-Orinda Church, Lafayette, CA
- **2003** “Long Distance Care & Elder Care Planning”
- University of California, Berkeley, Berkeley, CA
- “Talk it up write it down”
- Commonwealth Club of California, San Francisco, CA
- “What do Geriatric Care Managers Do?”
- Alameda County Bar Association, Trusts & Estates
- Oakland, CA
- “Long Term Care Insurance—Should You Buy?”
- Continuing Education for the Bar, University of California
- Oakland, CA
- “Avoiding Abuse & Financial Elder Care Planning”
- Radio Host: Interview Kagey de Rose, (then) Executive Director of nonprofit Elder Abuse Prevention
- Pacifica/KPFA Radio, Berkeley, CA
- **1999** “Intergenerational Elder Care, Can You Imagine?”
- Keynote Address St. Matthew's Lutheran Church, Walnut, Creek, CA.
- Elder Care Planning Workshop

- St. Matthew's Lutheran Church, Walnut Creek, CA
- “What is Geriatric Care Management in the USA?”
- International Case Management Conference, Montréal, Canada
- “Elder Care in France and Canada”
- SHARE Community Elder Care Conference, Walnut Creek, CA
- “Observations on Elder Care in Canada and France”
- AARP, San Pablo, California
- Radio Interview with Elder Law Attorney & Colleague, Priscilla Camp, of Oakland, CA Pacifica/KPFA Radio, Berkeley, CA
- **1998** “Elder Care—to Plan or Not to Plan?”
- Continuing Education for the Bar, University of California, Berkeley
- “Towards An International Code of Ethics for Geriatric Care Management.” Professional Geriatric Care Managers Conference, San Diego, CA
- “What is Elder Care? A Training Workshop”
- FamilyCare Inc., Pleasanton, CA
- “How to Care for Your Aging Parents.”
- Television Interview, Channel 7 News, San Francisco, CA
- “Assisted Living in the Bay Area.” Television Interview, Channel 7 News, San Francisco, CA
- “Elder Care Resources”
- Carlton Plaza Assisted Living Facility, Hayward, CA
- “Elder Care Planning”
- Kiwanis International, Oakland, CA
- “How do I Take Care of My Parents?”
- Elder Care Planning Workshop
- University of California, Office of the President, Oakland, CA
- “Long Term Care Insurance: To Buy or Not to Buy” Workshop
- University of California, Office of the President, Oakland, CA
- “Assisted Living and Skilled Nursing Homes: How Much does it Really Cost?”
- University of California, Office of the President, Oakland, CA
- “Hiring Help at Home, Costs & Challenges”
- University of California, Office of the President, Oakland, CA

- **1997** “Elder Care and the Holidays,”
- Radio Interview, Morning Edition, KQED F.M. Radio, San Francisco, CA

- “Elder Abuse Causes and Prevention”
- Television Interview. Ethnic Health America, Summit Hospital Video Series,
- Oakland, CA

- “Resources for Elders Staying at Home”
- University of California, Office of the President, Oakland, CA

- “Resources for Long Distance Care.”
- University of California, Office of the President, Oakland, CA

- “Transitions to Assisted Living Facilities”
- University of California, Office of the President, Oakland, CA

- “Elder Care, A Practical and Psychological Challenge”
- University Of California, Office of the President, Oakland, CA

- “Community Resources for Elders Living at Home”
- University of California, Office of the President, Oakland CA

- “Making Quality Decisions for Institutional Care”
- University of California, Office of the President, Oakland, CA