



*"I have worked with patients and their families for most of my adult life. I find it deeply satisfying, both personally and professionally, to help my clients live life to the fullest and maximize their independence, safety, and quality of life."*

Cathy Tobias



**Like a Daughter's Care**

was founded by Cathy Tobias, an innovative leader in healthcare for over 25 years.

Cathy understands the complexities of our healthcare system. She recognizes the challenges

seniors and their families face in finding effective and affordable services.

Cathy is an Occupational Therapist with a masters degree in Organizational Leadership. She is also a Certified Professional Life Coach, a Certified Aging-in-Place Specialist and a Multiple Sclerosis Certified Specialist.

She has experience managing and working with various disabilities and illnesses in a wide range of healthcare settings. Cathy is the recipient of the 2007 Health Care Hero Award from *Twin Cities Business Magazine*.

**Like a Daughter's Care**

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*Life with  
Dignity at  
All Ages*




**Like a Daughter's Care**



**Personalized Compassionate  
Care Management and Services**

**Like a Daughter's Care**

Like a Daughter's Care provides quality personalized and compassionate care management and services. We partner with families to consciously create dignified, meaningful, and nurturing aging experiences.

-  **Coordinating care for aging family members**
-  **Navigating the complex health care system**
-  **Managing changing health issues and transitions**

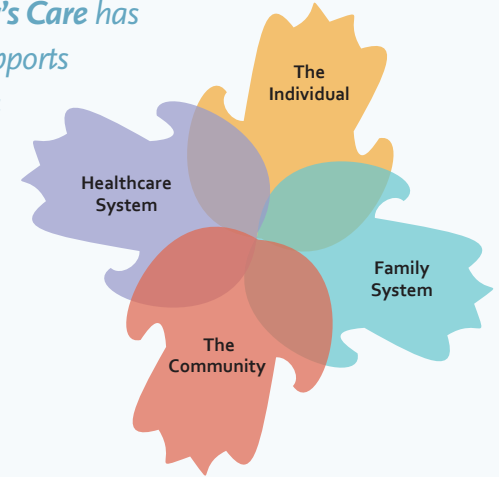


National Association of  
Professional Geriatric Care Managers

**MEMBER**



*“We knew our mom was having more difficulty at home, and we tried to help when we could, but we were overwhelmed. **Like a Daughter’s Care** has given us peace of mind. They knew just what services and supports my mom needed. And when there is a change, they are right there to make the necessary adjustments.”*



### A Holistic Approach

**Like a Daughter’s Care** addresses the needs of the whole family and other influential variables for the best possible outcome to enhance each individual’s successful aging experience.


#### We begin with a thorough and comprehensive assessment:

-  Home safety evaluations
-  Strengths and challenges
-  Functional performance and mobility
-  Medical status and history
-  Financial and legal planning
-  Cognitive and memory changes
-  Support systems
-  End-of-life planning



#### Next, we create and implement a customized and individualized life plan:

-  Recommendation regarding medical and health care issues
-  Adaptation and modification for safety and independence
-  Connection with community services
-  Explore residential and financial options
-  Careful selection of well-trained caregivers and services and ongoing supervision


#### Consultation & Coaching

-  Explore and identify personal and strategic goals with professional advice


#### Coordination/Continuity of care

-  Ongoing communication between family, doctors and other healthcare professionals
-  Supervision of caregivers and services

#### Advocacy & Research

-  Explore and ensure approval and access to quality and necessary care from service and medical providers

#### Relocation

-  Research, evaluate, and arrange senior living option

**Like a Daughter’s Care**