

Julie M. Gray, MSW, LICSW, CMC

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Education

Master of Social Work, December 1991

Specialization in Health Care
Focus in Community & Organizational Services
University of Washington – Seattle, WA

Bachelor of Arts, June 1990

Social Welfare
University of Washington – Seattle, WA

Associate in Arts and Sciences, March 1987

Focus in Nursing
Shoreline Community College – Shoreline, WA

License / Certifications

Licensed Independent Clinical Social Worker, Washington State	2002–present
Care Manager, Certified - National Academy of Certified Care Managers	2005–present
Certified Professional Guardian, Washington State Supreme Court	2008–2013
Geriatric Mental Health Certificate, University of Washington	2005

Professional Experience

Aging Wisdom – Principal, Bellevue & Seattle, Washington 2004–present

University of Washington Continuing & Professional Education Instructor 2016
Foundations in Care Management – Certificate Program

King County Guardian ad Litem 2008–2009

Evergreen Healthcare (Public Hospital District #2), Kirkland, Washington 1992–2007

- Evergreen Hospice - Case Manager 2004–2007
- Evergreen Senior Health Specialists, Clinic Manager 2001–2004
- Evergreen Emergency Department, Lead Social Worker 1995–2004
- Evergreen Inpatient Social Work Services, Medical Social Worker 1992–1995
- Evergreen Care Network - Care Coordinator / Hospital Liaison 1992–1994

University of Washington, School of Social Work, Affiliate Instructor 1999–Present

Stevens Hospital, Edmonds, Washington, Per Diem Social Worker 1998–2000

Robert E. Guyer, MD, Seattle, Washington, Medical Assistant 1983–1991

Publications

Gray, J. & Mayfield, L. *The Hottest Career Trend in the Next Decade: Aging Life Care Management*. White Paper. Aging Life Care Association. June 2018.

Gray, J. & Wilkins, M. *Elder Abuse: Neglect & Self-Neglect* – Video – Produced by the Kirkland Senior Council. Released January 2008 for K-life, K-gov and Bellevue television.

Gray, J. *Aging Parents and Driving: Having the Tough Conversation*. Aging Life Care Association. Nov. 12, 2015

Gray, J. *Burnout Can Happen to Anyone*. White Paper. Aging Life Care Association. July 20, 2015.

Gray, J. *Care Manager as Guardian: Ethical dilemmas of dual practitioners*. Inside GCM Summer 2010; Vol 21. No. 3

Gray, J. *Caregiver Burnout: Is Your Flame About to Fizzle?* eBook Aging Life Care Association. July 20, 2015.

Gray, J. *Falls; Primary Cause of Most Kirkland Trauma Injuries*. Kirkland Reporter. Sept. 12, 2007.

Gray, J. *Protecting Hospice Patients: A new look at falls prevention*. Am J Hosp Palliat Med 24; 242. DOI: 10.1177/1049909106298721. (2007).

Gray, J. *Ten Reasons Certification Makes Sense*. White Paper. National Academy of Certified Care Managers. Jan 2019.

Gray, J. *The Most Surprising Secret to Aging Well: Social Engagement*. Aging Life Care Association. Dec 13, 2016.

Gray, J. *The Six Hidden Costs of Caring for an Aging Parent*. White Paper. Aging Life Care Association. July 29, 2015.

Gray, J. *Turning the Spotlight on Elder Abuse*. Bellevue Reporter. May 19, 2009.

Gray, J. *What is the Secret to Aging Well? Social Connection*. AgeWise King County eZine (2017)

Gray, J. *When Your Parent has Dementia, is Lying Ever Okay?* eBook Aging Wisdom & Aging Life Care Association. June 2017.

Gray, J. *Your Aging Parents are at Risk of Fraud During Tax Season: What you can do about it!* Aging Life Care Association. March 2016.

Boards / Advisory Groups

Washington State Dementia Action Collaborative (2016-present)

- Long term care services and supports committee

King County Elder Abuse Council (June 2015-present)

National Academy of Certified Care Managers (www.naccm.net)

- President, Board of Directors (December 2014 – present)

Aging Life Care Association (www.aginglifecare.org)

- President, Board of Directors (2013)
- Board of Directors (2010-2014)

University of Washington Professional & Continuing Education

- Advisory Board Member, Certificate in Care Management Program (2014–2015)

City of Bellevue Network on Aging Advisory Council (2009–2019)

City of Kirkland Senior Advisory Council (2005–2007)

Awards & Honors

- ALCA National Association – Adele Elkind Award (Lifetime Achievement) (2019)
- ALCA National Association- President's Award (2015)
- ALCA Western Region Chapter – Outstanding Chapter Member Award (2014)
- ALCA Western Region Chapter – President's Award (2014)
- Fellow of the Leadership Academy of the Aging Life Care Association (ALCA). (2012-present)
- ALCA Western Region Chapter - B.J. Curry Spitler Community Service Award (2010)

Trainings/Presentations (In Alphabetical Order)

Aging Changes: What's Normal & What's Not?

Peter-Kirk Community Center, Kirkland, WA. June 2006.

Aging Life Care Essentials: Clinical Ethical – Annual Conference. 4 Hour Intensive.

New York, NY. April 2016

San Antonio, TX. May 2017

Chicago, IL. May 2018

Scottsdale, AZ April 2019

Assistance with Resistance: Promoting Change with Your Aging Parent

Ida Culver House – Ravenna, Seattle, WA. Panel participant. Nov 2006.

Baby Boomers & Beyond: Helping Your Clients with Their Aging Parents

Cascadia Training, Edmonds, WA – All day workshop. March 2011

Building an Aging Life Care Practice: What Defines Aging Life Care Management?

Webinar for the Aging Life Care Association – multiple presentations throughout the year (2012-present)

Improving Care Transitions for Patients with Dementia

Sheraton Hotel, Des Moines, WA – May 10, 2017

Swedish Hospital, Seattle, WA – June 20, 2018

Evergreen Hospital, Kirkland, WA – October 23, 2018

Convalescent Care – What Medicare Covers & How Medicaid Can Fill the Gaps

LakeVue Gardens Convalescent Center, Kirkland, WA. May 2007.

Dementia Explained: The Broken Brain

Peter-Kirk Community Center, Kirkland, WA. August 2006.

Elder Abuse: Identifying, Reporting & Intervening to Stop Abuse

Aging Wisdom Staff Training – multiple dates

American Association of University Women (AAUW) – Issaquah, WA. Sept 2012

Antioch University, Seattle, WA: Counseling Program. March 2009.

Elder Abuse: Perspectives on Elder Abuse in the Digital Age

University of Washington Elder Friendly Futures Conference. Lynnwood Convention Center, WA. August 2016.

Elder Care & Elder Law Forum – Joslin Capital, Bellevue, WA. October 5, 2016

Elder Mediation: The Geriatric Care Manager's Role

City of Bellevue Elder Mediation Training Program – Panel Participant. Sept 2008.

Ethics and Aging in Home & Community Based Practice Settings

Cascadia Training – Lynnwood, WA October 2014

Ethics and Business Alliances in a Changing Care Management Landscape

Aging Life Care Association Webinar – March 2016

Ethics in the Trenches – Aging Life Care Association Annual Conference Intensive (4 hours)

Chicago, IL. April 2009

Ethics – Journey's End: Decisions, Ethics & Care at the End of Life

Bellevue, WA. Full day workshop. March 2010

Ethics Matters: Facing Ethical Dilemmas with Confidence

Western Region Chapter of the ALCA 22nd Annual Conference, Las Vegas, NV. Oct 2011

Ethics – Reflections on Integrity: A Core Value of Social Work Practice

Evergreen Hospice Social Workers. Kirkland, WA. June 2012.

Ethics – When Autonomy Hurts: An Ethic of Care in a Fiercely Independent Society

National Association of Professional Geriatric Care Managers 27th Annual Conference.

New Orleans, LA. May 2011.

Finding the Best Long-Term Care Solution

Peter Kirk Community Center, Kirkland, WA. July 2006

University of Washington Professional & Continuing Education

Certificate in Care Management Program. Foundations in Care Management. Winter Quarter 2016

Helping Your Aging Parents Navigate Care and Housing Options

University House, Issaquah, WA. February 2016

Hidden Costs of Caregiving

Plenary Session, University of Washington Elder Friendly Futures Conference.

Lynnwood, WA. September 15, 2017

KOMO 1000 News Radio – Guest, Herb Weisbaum's Consumer Tips

- Lifestyle changes to support aging well – June 2017
- The impact of social isolation on wellbeing – Nov 2016
- Brain health strategies – June 2016

- Helping your aging parents identify and avoid scams – March 2016
- Falls prevention – September 2015
- Avoiding caregiver burnout – November 2015
- Enjoying the holidays with aging loved ones who have dementia – November 2015

Overview of Care Management: Certification Exam Preparation Series
National Academy of Certified Care Managers. Webinar. September 2015

Philanthropy Meets Dementia: Now What?
Washington Planned Giving Conference, Seattle, WA. October 11, 2018

Planning for Dying (Elder Law CLE)
Rainier Club, Seattle, WA. Jan 25, 2018

Prepare for the Age Wave: Understanding Long Term Care Services
Joslin Capital Advisors, Bellevue, WA. March 2013
Windermere Transitions Program: Bellevue, WA. Jan 2013,
Windermere Transitions Program: Seattle, WA. Sept 2012

Powerful Solutions for Impossible Cases
WA Elder Law Section - SeaTac, WA. Oct 2012

Stop Winging It – Helping Your Clients Understand Long Term Care Services
WA Elder Law Section – Highline College, Des Moines, WA Jan 2015

Understanding Hospital Discharge Planning
Kirkland Senior Center, Kirkland, WA. May 2006

Where to Turn When You Need Help About Aging Concerns
Joslin Capital Advisors, Bellevue, WA. March 2014