



Sheila McKannay, BA, MA, CMC

Certified Care Manager

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Sheila never imagined she would be working in the field of aging, though her childhood provided the perfect foundation. She and her sisters would regularly visit their grandfather and other older family members at the nursing home across the street from their elementary school in San Francisco. As Sheila reflects on that special time, she fondly recalls how she and her sisters had the run of the place. The residents and staff looked forward to their visits and welcomed their lively presence.

Sheila has spent most of her career working in the field of aging, though she did start, following graduate school, as a teacher working with children. A move to Washington state presented an opportunity to oversee a nursing facility. She later launched a private duty home care program for a Seattle-based healthcare system, and for 20 years oversaw client services and operations for a local home health and home care agency.

As a member of the Aging Life Care Association and a credentialed Certified Care Manager since 2011, Sheila brings a holistic approach to her work and the experience and expertise to address a broad range of issues related to the well-being of clients. She has a unique understanding of long-term care from the client, caregiver and provider perspectives.

“I am passionate about working with elders and their families. It gives me great joy to help families navigate resources, find solutions, and help individuals and families find peace of mind. In my 20+ years working in home care and with adults as they age, I have met so many wonderful people who have impacted me and my life. What better place to work than Aging Wisdom, a company and team with whom I am proud to be associated.”

When not at work, Sheila loves to walk (she has three dogs), hike (she and her husband hiked the Inca Trail in Peru), garden, and read.