



## Sara Bahten, B.S., B.A. (she/her)

### Care Manager



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Sara is completing her master's in social work degree at the University of Washington, graduating in August. She brings hands-on experience in client intake, needs assessment, case management, and care coordination.

In her role as Care Manager, Sara engages her skills in supporting clients and families, connecting individuals to community resources, and maintaining accurate documentation. She also utilizes her expertise in collaborating with interdisciplinary teams and advocating for clients' independence, dignity, and access to essential services.

While her professional experience with older adults is ever-growing, her connection to elder care is deeply rooted in lived experience. She spent much of her life living with her grandparents and helped care for her grandmother through progressive memory loss. Over the years, she's have supported family in navigating hospitals, caregiving, and hospice.

These personal experiences have given her firsthand insight into the emotional, logistical, and relational challenges families face when supporting aging or sick loved ones. This combination of professional training and personal understanding allows her to support clients from a place of empathy and patience, with a strong appreciation for dignity-centered care.

Outside of work, Sara loves to spend time with her dog, enjoying the outdoors, and being with friends and family. She also like to listen to music and hopes to do more knitting and crafts once she graduates with her MSW.

### Some of Sara's Specialties

- [· Alzheimer's & Dementia Care Management](#)
- [· Adult Grandchildren Caring for Grandparents](#)
- [· Helping Families Make Sense of Options](#)