

MOVERS & SHAKERS

ON THE JOB WITH . . .

Sarah Parran, president, Senior Care Connections LLC



CHUCK CROW | THE PLAIN DEALER

Age: 47

Lives in: Valley View

Responsibilities: As a care manager, she assists seniors and disabled people, helping them determine which services are appropriate for their needs. She helps them get medical care and works with community agencies and home health providers to coordinate home-care plans and moves to assisted-living and nursing homes. She divides her time between visiting clients and relatives in their homes for assessments and coordinating a variety of service providers who care for her clients. "For my out-of-state clients, I do everything they would do for their parents if they were here, including responding to medical emergencies and arranging services with snowplows, plumbers and handymen."

Experience: She started her business in 2003 after spending 18 years at University Hospitals of Cleveland in various clinical and administrative positions. Before starting Senior Care Connections, she was director of social work at UH for 12 years. She started her career at Community Mental Health Center in Concord, N.H., working as a mental health case manager for a year. She has been an adjunct professor at the Mandel School of Applied Social Science at Case Western Reserve University for 17 years and at Case's medical school for four years.

Education: Bachelor's degree in social work, University of New Hampshire, 1982; master's degree in social work, Case Western Reserve University, 1984.

Worst job experience: Going with police to the homes of psychiatric clients who were experiencing an acute crisis and trying to persuade them to be hospitalized.

Best job experience: Her current job. "I love working directly with my clients and their families, helping them to feel that their care is being coordinated by an expert, cutting down on their stress."

Best advice: "Do what you love to do. Life is too short to waste by just marking time."

Best stress buster: Playing golf. "It's beautiful and quiet, and I enjoy the time with my friends."

Mentor: Bill Tietjen, a former UH social work director, who promoted her from a clinical job to his assistant director. "I was the youngest, least-experienced social worker there, but he saw potential and took a chance on me, teaching me for three years before promoting me again."

Career goals: Increasing professional and community awareness about the value of care-management services. "It's a new profession in the Midwest. It's an old and well-known profession in Florida."

Hobbies: Traveling, reading and boating.