



We welcome our newest Geriatric Care Manager/Aging Life Care Professional, Cathy Moore. Cathy has been with Independent You for a number of years in a support role for our GCM clients and now moves fully into her role as an Aging Life Care Professional.

Cathy is a native Washingtonian, having been born and raised in the DC area. She earned her Bachelor of Science Degree in Social Work from George Mason University. She spent several years in Ohio, at which time she earned a Master's Degree in Social Work from The Ohio State University. During Cathy's time in Ohio, she was able to gain vocational rehabilitation experience while she worked with high school students with various disabilities. Her experience locally includes, hospice work in long term care facilities, while working for Capital Caring. As a hospice Social Worker, Cathy supported patients and their families with coping, grieving, and end of life care. She collaborated with patients, families, and multidisciplinary teams to ensure the best treatment and care for her patients on hospice.

Cathy genuinely enjoys getting to know her clients and helping them and their families navigate issues that will enhance and ensure quality of life. It's these close relationships that first drew Cathy to the social work field and continues to bring her joy while serving her clients at Independent You. She is excited to be expanding her work to include Geriatric Care Management and has joined the Aging Life Care Association. In her spare time, Cathy enjoys spending time with her three beautiful children. She also enjoys gardening, and cheering on her beloved Washington sports teams; Nationals, Capitals and Washington Football Team.