

CLEAR GUIDANCE

Let us provide the compass for your family's journey

Specialized services tailored to adults with Down syndrome, autism, and intellectual and developmental disabilities



- **Assessment & Monitoring**
 - Evaluate the individual's physical, cognitive and emotional health to identify early signs of aging-related changes or dementia.
 - Regularly monitor health conditions and overall functioning to ensure timely interventions and continuity of care.
- **Planning & Problem-Solving**
 - Develop comprehensive care plans that address current needs while proactively anticipating future challenges relating to aging, dementia, daily care, and medical support.
 - Provide advocacy and guidance in navigating complex care systems, including medical and disability-related services.
- **Education & Advocacy**
 - Educate care partners and families about the aging process, including specific risks like early dementia in individuals with Down syndrome.
 - Advocate for the individual's needs during medical appointments by ensuring clear communication with healthcare providers and follow-through on care recommendations.
- **Family & Care Partner Support**
 - Support, coach, and guide family members as they manage the emotional and practical challenges of caring for a loved one.
 - Reduce stress and uncertainty for care partners by acting as a trusted advisor and problem-solver.

**Clear Guidance
Consulting & Care Management**

www.clearguidance.org

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Clorinda "Clo" Cottrell LICSW, CDCP



Clo is a care manager and social worker with over 15 years of expertise in healthcare. Clo specializes in supporting aging adults, dependent adults, and individuals with disabilities to make informed decisions that promote dignity, well-being, and optimal quality of life. She brings particular expertise in care for adults with Down syndrome, autism, intellectual disabilities, and aging-related conditions such as Alzheimer's disease and dementia.

National Task Group on Intellectual Disabilities and Dementia Practices Affiliated Regional Trainer

As a certified Dementia Care Partner (CDCP) and National Task Group on Intellectual Disabilities and Dementia Practices Affiliated Regional Trainer, Clo brings specialized training in dementia-capable care for individuals with intellectual and developmental disabilities.

- In-service training for your organization
- Fee for service training for agencies
- Fee for service workshops for the broader community

Topics include: What is dementia, types of dementia and stages, planning for the impact of dementia, communication techniques, environmental adaptations, supporting behavioral and psychological symptoms of dementia, and creating a dementia care plan.

End of Life Care Planning

Clo brings specialized training as an end-of-life doula, offering nonmedical, holistic support to individuals and their loved ones during the dying process. End-of-life doulas complement hospice care by addressing the emotional, practical, and logistical aspects of death, dying, and grief. They provide resources and guidance to help the dying person and their support network make informed decisions in a compassionate and supportive environment.

Support provided by an end-of-life doula included:

- Facilitating open and honest conversations about dying.
- Assisting with physical and practical care to ease the burden on caregivers.
- Offering respite for overwhelmed or exhausted caregivers.
- Helping loved ones process emotions and experiences.
- Exploring the meaning, life story, and legacy of the dying person.
- Supporting end-of-life care planning and decisions.
- Creating a personalized plan for the environment, including how the space looks, feels, and sounds.