

Sarah Rakes
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Summary

Dedicated social work professional with strong clinical skills, and experience with macro aspects of social work; experience working with older adults in out patient and long term care settings; skilled at facilitating groups and providing individual counseling; experience with issues of grief and loss, experience advocating for long term care residents within the long term care setting and at the policy level; knowledgeable regarding policies which are relevant to older adults, particularly long term care policy.

Education

University of Michigan, Ann Arbor, MI
MSW, Expected Graduation December 2009
Interpersonal Practice in Aging and Families in Society Concentration
Minor in Social Policy and Evaluation
Specialist in Aging Certificate

University of Maryland, Baltimore County, Catonsville, MD
BSW, Psychology Minor, May 2007
Magna Cum Laude

Professional Experience

Citizens for Better Care, Detroit, MI
Social Work Intern, May, 2009-Present

- Provide information to long term care residents and staff about the ombudsman program
- Serve as an advocate for long term care residents
- Research current policy issues and develop an advocacy agenda for the agency
- Advocate for policy changes which are consistent with the mission of the agency

Turner Geriatric Clinic, Ann Arbor, MI
Social Work Intern, September, 2008- April, 2009

- Conducted new patient assessments and provide follow up services as needed
- Provided ongoing individual counseling
- Participated in family meetings
- Planned and co-facilitate groups for older adults and caregivers

Kensington Nursing and Rehabilitation, Kensington, MD
Director of Social Services, August, 2007-June, 2008

- Responsible for the social services department of a 140 bed nursing facility
- Conducted psychosocial assessments upon admission to the facility
- Processed, documented, and ensured adequate resolution of complaints
- Completed social work documentation and MDS assessments

- Referred residents to appropriate community resources
- Initiated psychosocial groups to enhance residents' quality of life

Shady Grove Nursing and Rehabilitation Center, Gaithersburg, MD

Social Work Intern, September, 2006-May, 2007

- Conducted assessments and assisted in the discharge planning of skilled patients
- Participated in staff care plan meetings
- Created and conducted mandatory staff in-services on resident rights
- Facilitated a weekly group with residents
- Assisted residents in utilizing resources from community agencies

Other Work Experience

University System of Maryland, Universities at Shady Grove, Gaithersburg, MD

Guided Study Session Leader, September, 2006-May, 2007

- Trained by the staff of the Center for Academic Services to plan and guide study sessions for social work students
- Planned and guided sessions for undergraduate social work students

Cedar Creek Associates, Silver Spring, MD

Activity Consultant, September, 2003-March, 2007

- Provided companionship
- Lead and coordinated group activities in group homes for older adults with Alzheimer's disease and related dementias

Awards and Honors

University of Michigan- Geriatric Scholarship Program

University of Michigan- Merit Scholarship

Member of the Phi Alpha Honor Society, April, 2006

Volunteer Experience

Sigma Phi Omega Gerontology Honor Society, Project Coordinator, December, 2008-Present

Phi Alpha Honor Society, UMBC Delta Omicron Chapter, President, September, 2006- May, 2007

BSW Student Association at UMBC, Community Service Liaison, September, 2005- May, 2006

