Claire is concerned about this new phase of life and the uncertainty it may bring. Claire values relationships and connecting with people; it is a big part of who she is. She finds joy in nature and being active; she loves being outside, especially in or around the water and with her dog. She also loves to read and cook.

Claire feels that she can process information well. She prefers direct and clear communication as she finds it reassuring when she is overwhelmed and nervous. Claire welcomes check-ins from her care team with reminders to maintain connections and practice self-care.