



# TOWN AND COUNTRY

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## Housing Market Bust Making Downsizing Tough For Seniors

*Frederick entrepreneur helping to ease the transition to new homes*

With the difficult housing market making it even more stressful for families facing the heart-wrenching experience of moving loved ones into retirement or care facilities, local entrepreneur Cindy Leek recently launched a new business designed to help area families through the process.

As many houses are taking longer to sell, Caring Transitions owners such as Cindy Leek are helping to reduce the anxiety of families by providing expert guidance on prepping a home for sale, preserving important family heirlooms and liquidating other household belongings.

“When the time comes to move your parents or loved ones out of their longtime home, you’re surrounded by years and years of accumulated ‘stuff.’ You feel a sense of panic, which can lead you to make bad decisions that result in feelings of regret and guilt even years later,” Leek said. “Without the guidance of a professional to help them make the right decisions about what to do with the vast amounts of both valuable and questionable belongings, what often happens is that it all winds up in a large dumpster in the driveway. It’s a terrible shame, and it doesn’t have to be that way.”

Leek, whose Caring Transitions is based in Frederick, helps families cope with the tough market by assessing the items in their house and assisting them in making critical decisions about those items. Caring Transitions also arranges for the shipment or storage of treasured family heirlooms, runs errands

and meets with contractors to keep the process on schedule. When a Realtor® is hired by the family to sell the house, they arrange for the home to be prepared, cleaned and put on the market as quickly as possible. Caring Transitions’ full range of transition and relocation services is tailored to the needs of each individual and family.

For some families the situation can be even tougher as they live in a different city or state away from the parents who must move. According to the Family Caregiver Alliance, there are between 5.1 and 7 million family members providing long distance care to an aging relative. With Caring Transitions acting as an on-site advocate for families, it eliminates the need for loved ones to make numerous, unnecessary trips away from work and families.

Cindy Leek can be reached at (267) 265-7862.

About Caring Transitions:

Founded in 2006, Cincinnati-based Caring Transitions is the country’s first national franchising concept specializing in senior moving, downsizing and estate sales providing a total solution for families facing a sometimes difficult situation. With more than 30 locations throughout the U.S., Caring Transitions works with clients and their families who are selling a home, downsizing and liquidating household items by offering transition, relocation and estate sale services.

For more information, visit [www.CaringTransitions.net](http://www.CaringTransitions.net).