

— Our Mission —

Together in Transition provides compassionate and comprehensive services to older adults experiencing life transitions.



“I was so thrilled and relieved to find a knowledgeable and caring professional in Catherine when it came time to find an assisted living situation for my uncle. He is elderly and has special needs, which was carefully taken into consideration while searching for the perfect place for him. I wouldn't have been able to conduct a thorough search as quickly and organized as Catherine did, and she ranked each place according to our priorities and specific requests. She helped smooth the way for a potentially stressful and complicated decision, and was a real delight to work with. Thank you for all your guidance and great help.”

— Jennifer W., Los Angeles, CA



Catherine Fritz is a Certified Senior Advisor with a degree as Master of International Management and has extensive client service and management experience with Occidental Petroleum and the Getty Trust. She now works with the elderly and their adult children on a wide range of transition projects. Catherine is a member with the Advisory Council for the City of Los Angeles Department of Aging, Family Care Partnerships of Greater Hollywood, certified Facilitator for the Healthy Living workshop series and Caregiver Support Group facilitator for the Alzheimer's Association. Her highly personal, hands-on approach with clients in transition is grounded in her admiration and enjoyment of working with seniors and their families anticipating residential changes.



Together in Transition

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Serving CA and TX regions

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Opening the door for seniors in transition



Senior Residential Transition



Home Independence Plans



Eldercare Advisory Services



Estate Planning Coordination



~ Services ~

Just One Phone Call

Together in Transition is unique in their services because we handle every aspect of transition needs for your loved one's situation as smoothly and stress-free as possible. Simply choose the services below that best meet your family's needs:

◆ Senior Residential Transition

We source the ideal senior community for your loved one, supervise household downsizing and move-day activities, and decorate and arrange furniture and belongings in familiar patterns that make the new residence feel warm and welcoming.

◆ Home Independence Plans

Speaking in detail with the individual and family, we evaluate current household needs around safety, mobility and ease of use. We identify and fill gaps in support, whether in bill payments, companionship visits, connections with other eldercare professionals or documentation of critical records.



◆ Eldercare Advisory Services

Whether it's coaching adult children through the residential transition process, accessing critical resources or role-playing difficult conversations with parents regarding their future, we provide expertise that can move the process forward in a positive direction.

◆ Estate Planning Coordination

In coordination with CPA and investment advisors, we assist with the delicate process of planning for future needs. With our knowledgeable support, the estate planning process effectively links tax, financial and estate planning to provide the most efficient and maximum benefit to the family.

~ Client Education ~

As life transition begins for your parents or an elderly loved one, it's not uncommon to feel overwhelmed and unsure with where to start.

"Do I move them into a 'senior home'?"

"Can she remain in her home for a while longer?"

"How can I get transportation for Dad to/from his appointments?"

Some of these questions may have come up for you. Together in Transition offers many topics through monthly newsletters, workshops and continuing education seminars for professionals. Some of our workshop topics include:

1. **Senior Residential Transition:** informs you of the different types of senior communities and how to determine which might fit your parents' needs best, planning for household downsizing, coordination of move-day activities and critical factors in the new residence set-up and arrangement.
2. **Life Records:** walks you through the process of documenting both your own and your parents' critical records that are necessary in case of accident, illness or emergency, including listing of all medical support, asset management, credit card & other liabilities, end of life planning, etc.
3. **Decluttering - Purging Paper Piles:** identifies some of the major causes of piles, and several creative management techniques to tackle each area one by one, and maintain the declutter process once it's complete.
4. **Life Stories - Recording & Documenting the Unique You:** provides tools, direction and practice on documenting your own or an elderly loved ones memories. Capturing these remembrances orally or on paper can create a lasting family treasure.

~ What We Do Best ~

Together In Transition provides compassionate, comprehensive transition services for seniors, their adult children and caregivers as they search for the best next step in maintaining their dignity, decision-making, safety and access to resources.



From coordinating the perfect residential transition from A to Z to assisting the professional elder law and estate plan professionals in understanding the multi-faceted planning required in their professions, from creating awareness of transition needs and communication skills for medical and hospital professionals to educating our boomer community about their elder loved one's needs and their own transition planning process, Together in Transition –with one initial phone call– takes the worry out of the life transitions that you, a valued client or a loved one are experiencing.

Ask Us about our two new [Eldercare Advisory](#) and [Residential Transition Packages](#) especially suited for long-distance adult children and caregivers!