

# Helping families take care of loved ones

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Kim Walker

By Whitney Sager

Kim Walker has a passion for helping people find the best care options for loved ones with declining health or disabilities.

Walker recently became a certified senior advisor (CSA) and is ready to help guide Polk and Story county residents through the often complicated and confusing world of senior and geriatric care management. As a CSA, Walker will help families with creating a care plan, getting medical equipment, managing money and setting up legal and medical appointments for their loved ones, among other things.

“Helping you help your loved ones,” Walker said is her motto.

For the past 28 years, Walker has been a caregiver and advocate for her son, who has special needs. She has also assisted with caring for her mother, who has dementia. Professionally, she was employed by a durable medical equipment company for 12 years, during which she worked with people who had physical limitations and learned about various equipment businesses.

“That really is the reason why I have so much knowledge about what’s out there,” Walker said.

She began her business, Transitional Life Consulting, based out of Norwalk, as a way to share with others her knowledge about caring for senior citizens and those with disabilities. As part of her services, she will meet with families to evaluate if an individual can remain living in the home or if the individual needs to be moved to a facility where professional care and attention can be directed to the individual. During her home visits, she walks through the family’s home and evaluates what home repairs or modifications are needed to allow an aging individual or someone with a disability to safely remain in the home.

“People just really don’t understand what’s available and what is needed to stay safe in their home,” Walker said.

Oftentimes Walker will act as a third party to provide an outsider’s perspective on a situation. She recalled one instance

involving a family of two daughters and a wife, whose father/husband was suffering from dementia. The wife thought she could care for her husband at home, but the daughters were concerned about what kind of toll this would take on their mother. Walker was able to step in and help the family decide what was best for their father and husband.

While it is always good to plan ahead, Walker said, unexpected situations sometimes arise that often leave people scrambling to make decisions on the care options for a loved one. That is where Walker assists families during their “time of crisis,” helping make a seemingly overwhelming situation more bearable.

That is what Walker enjoys most about her job - helping people.

“I enjoy using my knowledge to better the lives of others,” Walker said.

Those who want to speak with Walker may contact her by calling 515-650-0922 or emailing [kimw@transitionallifeconsulting.com](mailto:kimw@transitionallifeconsulting.com).