

# AS SEEN IN VENTURA BLVD

magazine  
SENIOR CARE 2014

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lear Home Solutions helps seniors and their families alleviate stress when it's time for the senior to move, downsize or reorganize. They are move managers, professional organizers and home inventory specialists. Owner Marty Stevens-Heebner is a member of the National Association of Senior Move Managers and the National

Association of Professional Organizers. She also works actively with the Alzheimer's Association's Southland Chapter, speaking to legislators about funding Alzheimer's research and working on their Alzheimer's Walk committees. After her own father passed away last year at 90 years old, Marty was drawn to working with seniors. Previously she worked in fashion, featuring her own successful handbag line.

## PROFILES SENIOR CARE

### Marty Stevens-Heebner, Founder/President Clear Home Solutions

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#### How can a move affect a senior's health?

"When someone's moving out of the home they've lived in for years, it's a difficult experience. Relocation Stress Syndrome, previously known as transfer trauma, can generate physical as well as psychological issues. That's why it's a good idea to hire someone to manage the move for you or your family member, so everything goes as smoothly as possible."

#### What would you like potential clients to know about you?

"We love listening to people's stories as we help them sort through their treasures. We're always honored when we're brought into people's homes to work with them, because they're trusting us with their most precious belongings and allowing us to help them through a process that's very intimate and emotional. I know how vital it is to clear away clutter on the floor to make way for canes, walkers and wheelchairs. We also organize cupboards so people don't have to stoop or reach too high. It's great to see

someone regain control of their home again."

#### How do you provide clear communication for seniors and their families?

"We offer home inventories for insurance and estate planning purposes. We store the photos and spreadsheet securely online so anyone who needs access—other family members, attorneys or conservators—can see what's there."

“We love LISTENING TO PEOPLE'S STORIES as we help them sort through their treasures.”

#### Give us some tips for caregivers.

"Too often caregivers become sicker than those they're caring for! Get your rest, eat healthfully, exercise to relieve your stress and delegate where you can. There's no training for what you're personally going through; everyone's situation is entirely unique. But it's better for everyone if you ask for help."



Photographed at Atria Senior Living in Tarzana.