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Aging Transitions is a Geriatric Care Management Company Dedicated to Supporting Elders and Their Families Through the Transitions of Aging

Services Include:

- Evaluation of your older loved one's specific situation, including: strengths, challenges functional & cognitive abilities, support system (family, friends, faith-based community), personal wishes & goals, and financial resources.
- Providing strategies and recommending resources for immediate concerns.
- Coordination of day to day activities and appointments.
- Providing referrals to medical, legal, and financial professionals.
- Allowing you to remain the advocate for your loved one while we manage the details of their changing abilities and needs.

At Aging Transitions, our mission is to help families make informed choices about care for their older loved one, to provide options for any required support services, and provide strategies for conducting difficult conversations.

Our focus is on helping older adults live the life they want, while maintaining autonomy and dignity.

Please call or email to discuss how we can help you

After you get in touch, we'll have a phone conversation to discuss your specific situation. During this conversation you can learn more about me and determine if you think I would be the right Geriatric Care Manager for your situation. There is no charge for this conversation.

Aging Transitions, LLC does not and shall not discriminate on the basis of race, color, religion (creed), gender, gender expression, age, national origin (ancestry), disability, marital status, sexual orientation, or military status in any of its activities or operations.



About Catherine Ray, MSG, CMC • Founder of Aging Transitions

After receiving an MBA in Marketing, I worked in the corporate world for several years before becoming a stay at home mom. When my mother-in-law became ill, my family didn't know what to do —we didn't know what options might be available for us. I was driven by that experience to study aging, eventually earning a Master's of Science Gerontology.

I gained experience and further training working with dementia patients and long-term care facility residents before founding Aging Transitions in 2013.



Catherine Ray is a member of the Aging Life Care Association (ALCA) and the Gerontological Society of America.



On the web at: agingtransitionsstlouis.com

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