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Global Senior Care Company Home Care Assistance Announces New Book in Award-Winning Senior Wellness Series

The Five Senses: A Sensible Guide to Sensory Loss provides insights and practical tips to help older adults and their loved ones understand sensory deficits and how they change as we age

(Palo Alto, CA – August 13, 2012) Home Care Assistance, North America's leading provider of in-home care for seniors, is proud to announce the release of the newest book in the Company's award-winning senior wellness book series, *The Five Senses: A Sensible Guide to Sensory Loss*. Our senses – sight, smell, taste, touch and hearing – are our primary mechanisms for interacting with the world around us. As we age, our senses will gradually decline and these sensory deficits can fundamentally change how we interact with our environment. Managing this decline is a crucial component of happy and healthy aging. *The Five Senses* provides a detailed overview of the changes we experience in our senses as we age and offers practical guidance on managing this evolution for improved quality of life. Armed with this knowledge, older adults can maintain independence and live comfortably in their own homes as they age.

“A keen understanding of sensory loss can make a dramatic difference in the lives of caregivers and care recipients alike. An inability to taste food can quickly spiral into nutrition deficit while balance issues often lead to significant safety concerns,” said Lily Sarafan, President of Home Care Assistance. “We are addressing these challenges with an accessible guide on the whys, hows and what nows of sensory loss. Our mission is to change the way the world ages and public education is a key component of the work we do.”

Home Care Assistance's senior wellness book series offers an in-depth look at the challenges facing our aging population and what we can do to ensure healthy and happy aging at home. Topics covered in the series include the lifestyle choices of healthy and active seniors, the keys to providing quality care for an aging loved one and the information families need to transition loved ones home from the hospital.

The entire series is co-written by Dr. Kathy Johnson, Dr. James Johnson and Lily Sarafan, founders and senior executives of Home Care Assistance. As lifespans continue to expand, a

deeper understanding of the aging process is crucial for older adults and their families. In *The Five Senses*, the authors provide a brief overview of each sensory system, the common sensory declines that older adults experience and proactive steps to slow the progression of sensory loss. Anyone interested in caregiving, healthy aging and sensory loss will find *The Five Senses* to be an informative read and a valuable resource.

The Five Senses: A Sensible Guide to Sensory Loss is available for purchase on [Amazon.com](https://www.amazon.com). For more information about Home Care Assistance and how they are changing the way the world ages, visit www.homecareassistance.com or call 1-866-454-8346.

ABOUT HOME CARE ASSISTANCE

Home Care Assistance is the leading provider of home care for seniors across the United States and Canada. Our mission is to change the way the world ages. We provide older adults with quality care that enables them to live happier, healthier lives at home. Our services are distinguished by the caliber of our caregivers, the responsiveness of our staff and our expertise in Live-In care. We embrace a positive, balanced approach to aging centered on the evolving needs of older adults. A 2012 Franchise500® Company, Home Care Assistance has received numerous industry awards including *Entrepreneur's* Fastest-Growing Franchises and *Franchise Business Review's* Top 50. For more information about Home Care Assistance, our services and franchise opportunities, visit homecareassistance.com or franchise.homecareassistance.com.