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Home Care Assistance of Plano Thrive with the Balanced Care Method™

The proprietary, research-based approach to care is helping to change the way the world ages by promoting healthy longevity

(Plano, TX – December 19, 2016) [Home Care Assistance of Plano](#), a leading provider of in-home care, continues to offer a higher quality of care with its proprietary Balanced Care Method. Not content with the existing in-home care paradigms, which tend to focus solely on assistance with activities of daily living, Home Care Assistance designed the Method to promote healthy mind, body and spirit. The company has received overwhelming, positive feedback from medical and senior care professionals, praising the holistic and innovative approach to care.

Based on scientific studies of the world's healthiest seniors, the Balanced Care Method captures five key behaviors correlated with healthy longevity: healthy diet, physical exercise, active social ties, mental stimulation and a sense of purpose and calm. Caregivers are professionally trained to incorporate each area of the Method in daily care to ensure that the same caliber of care is provided to clients across the globe. For example, caregivers have access to healthy meal preparation training through the company's online Home Care Assistance University. Home Care Assistance also recently published a cookbook, *Comfort Foods: A Healthy Twist on Classic Favorites*, which provides healthy, tasty alternatives to traditional dishes, such as a "fried chicken" baked with a corn flake crust.

"To truly fulfill our mission to change the way the world ages, it's important to not only educate our staff and clients on healthy aging and wellness, but to also provide this knowledge to our communities," said Kathy Caldwell, Client Care Manager of Home Care Assistance of Plano. "We believe that empowering people to be proactive and informed when it comes to their health will lead to them making better health decisions, ultimately improving their quality of life."

In addition to education around nutrition, Home Care Assistance caregivers are also trained to promote physical activity among their clients, tailored to client mobility and preference.

Consistent exercise has been shown to delay memory loss, slow cognitive decline and muscle atrophy and boost mood and mental wellbeing. Home Care Assistance clients tend to not only maintain their physical statuses, but to improve and thrive through the program.

A thorough intake and continued client monitoring enable care managers to develop personalized care programs that incorporate client preferences, personality and history. For example if a client expresses a love of music and values active membership in community groups, a care manager would format a care plan with a dedicated focus on facilitating social ties and active engagement with music (creating, listening, discussing, etc.).

The Balanced Care Method is unlike any other care program in its tailored and research-based approach to longevity. The focus on overall wellbeing results in clients and caregivers reporting higher degrees of satisfaction and fulfillment, and is sure to continue setting the benchmark for excellence in the industry.

For more information on Home Care Assistance's Balanced Care Method and our expertly trained caregivers, please visit www.HomeCareAssistancePlano.com or call 214-586-0120. The office is located at 4709 W. Parker Rd., Suite 470, in Plano, Texas.

ABOUT HOME CARE ASSISTANCE

[Home Care Assistance](http://www.homecareassistance.com) is the leading provider of home care for seniors across the United States, Canada and Australia. 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 daily care. We embrace a positive, balanced approach to aging centered on the evolving needs of older adults. A 2016 Franchise500®, Inc. 5000 Company and one of the [50 fastest](#) growing women-owned companies worldwide in 2016, the company was recognized as a [2016 Endorsed National Provider](#) by the home care industry's leading research firm, Home Care Pulse. Home Care Assistance CEO Lily Sarafan was also named Health Care Executives' [2016 Woman of the Year](#). For more information about Home Care Assistance, visit <http://www.homecareassistance.com>.