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Growing Demands on Alzheimer's and Dementia Family Caregivers Brought to Light at Maria Shriver's Move for Minds™

*Home Care Assistance pledges respite care grants to 60
family caregivers nationwide*

(San Francisco, CA—June 1, 2017) Women bear the brunt of Alzheimer's disease in this country. Every 66 seconds a new brain develops Alzheimer's, and two out of three of them belong to women. Of the 15 million people providing care to a family member with the condition, more than 60 percent of them are women, many of whom also have jobs outside of home and child care responsibilities.

[Home Care Assistance](#), the country's only science-based provider of in-home senior care, understands the stresses the family caregiver undergoes regularly and the burnout they experience. Following on last year's success, the organization has partnered with Maria Shriver's MOVE FOR MINDS™ event taking place at Equinox Sports Clubs in eight cities on Sunday, June 4th, 2017 to draw attention to the impact of Alzheimer's disease on women.

As MOVE FOR MINDS' national Caregiving Partner, Home Care Assistance will select 60 caregivers to receive a Respite Care Grant for family caregivers. The grant includes a weekend, or two consecutive days, of respite care to raise awareness of the importance of self-care for family providers and a greater understanding of respite home care services.

"Our care teams have seen firsthand the emotional and physical burnout of family caregivers over our 15-year history," said Home Care Assistance CEO Lily Sarafan. "When our loved ones are displaying signs and symptoms associated with Alzheimer's and dementia, it's natural to focus solely on their needs, but the family caregiver needs personal renewal to be at her best."

Respite services provide family caregivers with an opportunity to take a break from the daily demands and responsibilities of caregiving. By bringing in professional care – whether for several hours or several days – the family caregiver has a chance to gain perspective and relax. Time away is highly effective in reducing stress, improving sleep and renewing a sense of wellbeing.

Move for Minds™ focuses on the mind/body connection while raising funds to wipe out Alzheimer's, a disease that disproportionately affects women. Participants will register, raise

funds and experience a specially designed brain body workout, a healthy marketplace with brain healthy snacks, and a panel conversation featuring superstars of brain research, fitness, nutrition and more.

Enter to win by visiting the MOVE FOR MINDS™ grant page at <http://homecareassistance.com/moveforminds>. Tell us about yourself and the person for whom you are providing care, and how you'd like to spend your respite. The first round of winners will be announced on June 4th at MOVE FOR MINDS™ events. Winners need not be present.

About Home Care Assistance

Home Care Assistance is the leading provider of in-home care for seniors serving the United States, Canada and Australia. Its uniquely integrated, science-based approach to aging directly supports individual lifestyles and quality longevity, enabling seniors to live happier, healthier lives at home. Named an Inc. 5000 company eight years in a row and one of the 50 fastest growing women-owned companies worldwide in 2017, Home Care Assistance has been recognized as a 2017 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, please visit www.homecareassistance.com or call 1-866-454-8346.

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