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## **Home Care Assistance Recognizes Heart Month**

*Senior care company provides educational resources to help individuals plan for an effective recovery at home following congestive heart failure, heart attack, stroke or other cardiovascular condition*

(Palo Alto, CA – February 4, 2014) [Home Care Assistance](#), North America's leading provider of in-home care, is raising awareness around heart disease and stroke prevention in observance of [heart month](#). Heart Disease is a leading cause of death and a major cause of disability. In fact, there is a heart-related fatality in America every minute. In Canada, heart disease and stroke are the leading cause of death for women and account for 33% of mortalities overall.

Home Care Assistance is proud to be a leading provider of consumer education in the health and wellness industry; our acclaimed senior wellness book series provides consumers with resources on health aging, family caregiving and post-hospitalization care. Throughout February, consumers can request a complimentary copy of Home Care Assistance's Patient Guide for Cardiac Rehabilitation from any local Home Care Assistance office or download a copy from the company's website.

"Recovery from a cardiac event is a physically and emotionally draining experience for patients and their families," said Lily Sarafan, President of Home Care Assistance. "Our guide helps patients take the important steps to support recovery and rehabilitation while providing families with peace of mind and resources they can draw on in the community."

Approximately 20% of patients who are discharged from a hospital following congestive heart failure or heart attack are readmitted within 30 days. Many of these readmissions are caused by insufficient support in the home and a lack of information about post-hospitalization recovery. By providing patients with the resources they need to make appropriate care decisions, Home Care Assistance is changing how families across North America help their loved ones recover at home.

For more information about cardiac rehabilitation or the post-hospitalization discharge process, please visit [www.HospitaltoHomeCare.com](http://www.HospitaltoHomeCare.com). For your complimentary patient guide and more information on our expertly trained caregivers, please visit [www.HomeCareAssistance.com](http://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](http://homecareassistance.com) or [franchise.homecareassistance.com](http://franchise.homecareassistance.com).