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Home Care Assistance to Host a Free Webinar for Family Caregivers Featuring Certified Dementia Specialist and Best-Selling Author Carol Howell

As part of an ongoing commitment to family caregivers and quality dementia care, Home Care Assistance is hosting a free, public webinar, "Let's Talk Dementia – With a Splash of Humor" on Thursday, June 12th, at 10 AM Pacific, 1 PM Eastern

(Palo Alto, CA – May 13, 2014) [Home Care Assistance](#), North America's leading provider of in-home care for seniors, is committed to equipping family caregivers with the resources and tools they need to provide the best care possible for their aging love ones, while simultaneously ensuring their own health. The next installment in the company's Healthy Longevity webinar series is ideal for individuals caring for someone with a form of dementia. Led by certified dementia specialist and best-selling author Carol Howell, the hour-long webinar will cover various forms of dementia and caregiving tips presented in her latest book, [Let's Talk Dementia – A Caregiver's Guide](#). A caregiver herself, Carol will discuss her personal experience with well-researched knowledge to provide support, humor and hands-on tips for coping with the challenges and emotions that come with caring for a loved one with dementia.

The webinar will be held on **Thursday, June 12th, at 11:00 AM Pacific, 2 PM Eastern**. Carol will reserve the last 15 minutes of the webinar for a Q&A session, so we encourage webinar attendees to come prepared with questions. **Space is limited**, so make sure to reserve your seat as soon as possible by registering here: <http://bit.ly/1jJsY1J>.

Caregiving has rapidly become a second profession for many individuals; nearly one in three adults provides ongoing care to an elderly or chronically frail loved one. The typical family caregiver is a 50 year old female, often married and employed, providing care for her elderly mother and father. Family caregivers are often juggling commitments to their work, their children, their families and friends, and their communities in addition to their caregiving responsibilities. Furthermore, they often lack or do not know where to seek the resources and support system needed to manage the stress associated with their responsibilities.

"We're so excited to have Mrs. Howell speak to our audience of thousands of family caregivers," said Kathryn Zakskorn, Director of Franchise Marketing for Home Care Assistance. "Caring for a loved one with dementia can be a physically and emotionally trying experience. The tips and strategies that Carol will be sharing will be valuable and will hopefully offer a sense of relief and reassurance. Providing public education around this topic and equipping caregivers with the tools to reduce caregiver burnout and improve quality of life is clearly in line with our mission to change the way the world ages."

After her husband's closed-head injury in 1996 and her mother's diagnosis of Alzheimer's in 2006, Carol began her study of the brain and the various forms of dementia that exist. Through her company, Senior Life Journeys, she is actively involved in the lives of individuals who are caring for a loved one with dementia. An Endorsed Music Therapy Coach, Carol works with dementia patients through Choral Music Therapy, Memory Music Therapy and Hospice Music Therapy. She also wrote the best-seller *If My Body Is A Temple, Why Am I Eating Doughnuts?*

"Caregiving is difficult, but it is made easier when the caregiver is confident and smiles a great deal," said Carol Howell, Certified Dementia Specialist and author. "It is my goal to help people gain knowledge, recognize the beauty in their life as a caregiver, and to share that beauty by using humor and laughter. With that in mind, what did the zero say to the eight? You will have to listen to the webinar to get the answer!"

The upcoming webinar is part of Home Care Assistance's widely acclaimed [Healthy Longevity Webinar Series](#), which has featured experts in a wide range of health and wellness-related fields. Past speakers include Dr. Gary Small, a *New York Times* best-selling author and expert in brain health, renowned cardiologists Drs. Marc Gillinov and Steven Nissen from the Cleveland Clinic and Head of the Cleveland Clinic's Stroke Program Dr. Shazam Hussain, among others. The premise driving Home Care Assistance's webinar series is that individuals who are well-informed will make better health decisions, become active partners with their healthcare providers in promoting their own wellbeing and encourage loved ones to also engage in healthy lifestyle behaviors.

For more information about Home Care Assistance, visit www.HomeCareAssistance.com. For additional resources for family caregivers, call a local Home Care Assistance office at 1-866-454-8346 and speak to one of the care managers today.

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 2014 Franchise500® and Inc. 5000 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.