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## Home Care Assistance to Host a Free Webinar for Family Caregivers hosted by Dr. Jennifer Hoblyn of the Stanford School of Medicine and eTherapi

As part of an ongoing commitment to family caregivers, Home Care Assistance is hosting a free, online seminar, Caregiver Burnout and How to Protect Your Health, on May 1<sup>st</sup> at 11PDT/2EDT to discuss the warning signs of burnout and helpful everyday tips for family caregivers to protect their health

(Palo Alto, CA – April 10, 2012) [Home Care Assistance](#), North America's leading provider of in-home care for seniors, is committed to providing family caregivers with the resources they need to manage their stress and prevent caregiver burnout. Last year, Home Care Assistance published the widely acclaimed [Handbook of Live-In Care](#), which provides family caregivers with expert advice on caring for a loved one; the valuable resource spans everything from understanding the psychology of home-bound adults to practical how-to tips on assisting with activities of daily living such as bathing and grooming. This May, Home Care Assistance is excited to host a free, informational webinar, Caregiver Burnout and How to Protect Your Health, which will explore the challenges that family caregivers face and provide practical tips that individuals can apply to improve their own health and quality of life.

The webinar will be held on Tuesday, May 1<sup>st</sup> at 11:00 AM Pacific, 2 PM Eastern, and will be led by Dr. Jennifer Hoblyn, professor at the Stanford University School of Medicine and chief medical officer of [eTherapi](#), an online therapy provider that connects adults seeking to improve their mental and emotional wellbeing to licensed therapists who provide counseling online via live video conferencing. To register for the Caregiver Burnout webinar, please visit [www.homecareassistance.com/caregiver-burnout](http://www.homecareassistance.com/caregiver-burnout) and reserve your spot today.

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 family and friends and their communities alongside 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; it's no wonder then that 46% of family caregivers suffer from clinically significant symptoms of depression and other forms of caregiver burnout. In addition to causing depression, caregiver burnout can lead to changes in energy, mood and diet; full-time caregiving can reduce an individual's life expectancy by up to eight years. Education and awareness about caregiver burnout are important steps in prevention and control of this insidious and all too common problem.

"We're so excited to have Dr. Hoblyn speak to our audience of thousands of family caregivers," said Lily Sarafan, President of Home Care Assistance. "The vast majority of these individuals are so busy balancing their responsibilities as parents, spouses, professionals and caregivers that they don't recognize the signs of burnout and the impact that it can have on their lives. Our mission at Home Care Assistance is to change the way the world ages; advocating for family caregivers and providing education around health and quality of life for these individuals is just one of the many ways we are fulfilling our mission."

For individuals currently providing care for a family member or loved one, use Home Care Assistance's [Caregiver Burnout Checklist](#) to self-evaluate the impact of caregiving on your life. For more information about Home Care Assistance, visit [www.HomeCareAssistance.com](http://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 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).