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Home Care Assistance's Book, *The Handbook of Live-In Care*, Proves to be a Valuable Resource for Caregivers

*Written specifically for the growing number of family caregivers, *The Handbook of Live-In Care* provides practical, how-to guidance on caring for a senior loved one*

(Palo Alto, CA – February 25, 2015) [Home Care Assistance](#), North America's premier provider of in-home senior care, is proud to offer expertise on live-in care to family caregivers through *The Handbook of Live-in Care*. The second of eight books in the Home Care Assistance senior wellness series, *The Handbook* covers topics ranging from the psychology of homebound seniors to caregiver tips on nutrition, exercise and oral healthcare for seniors. The book draws on the combined 28 years of experience in senior care from authors Dr. Kathy N. Johnson, Dr. James H. Johnson and Lily Sarafan of Home Care Assistance – the result is a first-of-its-kind definitive resource for family caregivers.

"This year, family caregivers will provide 12 billion hours of care for their loved ones, and the number continues to grow," said Lily Sarafan, President of Home Care Assistance. "These family caregivers, though well-intentioned, are often inexperienced with the needs of an aging senior. As a result, family caregivers are seven times more likely than the average adult to suffer from stress or depression. Our book aims to provide these caregivers with a how-to guide for their most common questions and challenges."

Our aging population is increasing fast and seniors often rely on family caregivers if they have not hired a professional caregiver. Many caregivers express that caring for a loved one can be emotionally exhausting and struggle with balancing care and other obligations. *The Handbook of Live-in Care* helps provide them with the insight and knowledge that they need to provide the best care and relieve some of the stress of caring for an aging loved one.

"Caregiving takes a tremendous emotional toll," said Dr. Kathy Johnson, Founder and CEO of Home Care Assistance. "Adult sons and daughters are especially vulnerable as they balance the needs of their senior loved ones, their families and children and their social and work responsibilities. This book will help them manage the stress associated with caregiving and recognize when it may be time to hire a home care agency."

This book will also help you recognize when it may be time to hire part-time or live-in care from a quality home care provider. Home Care Assistance is proud to offer caregivers that are fully screened, trained and suited to match your needs and preferences. To learn more about live-in care from Home Care Assistance, please visit <http://homecareassistance.com/livein-care> or call 1-866-454-8346. To purchase a copy of *The Handbook of Live-In Care: A Guide for Caregivers*, please visit www.Amazon.com.

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.