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Home Care Assistance Celebrates Healthy Aging Month

Home Care Assistance offers resources for successful aging in observance of Healthy Aging Month, celebrated in September in the United States

(Palo Alto, CA – September 8, 2015) [Home Care Assistance](#), a leading provider of in-home care for seniors, celebrates healthy aging this month and every month by providing educational resources and innovative programs on successful aging for seniors and their families. One such program is the Balanced Care Method™. Developed by Home Care Assistance to promote a holistic approach to overall health and well-being, the company has received overwhelmingly positive feedback from seniors, their families, medical and senior care professionals alike on the Method's innovative approach to promoting healthy aging.

The Method is based on the world's longest-living and healthiest people, the Okinawans of Japan, and their approach to balanced, healthy living. The program promotes healthy mind, body and spirit by targeting five key behaviors tied with healthy longevity: healthy diet, physical exercise, active social ties, mental stimulation and a sense of calm and purpose. Home Care Assistance caregivers are professionally trained to incorporate each area of the Method to ensure high-quality, personalized care for every client.

"To truly fulfill our mission to change the way the world ages, it is important to not only educate our local teams and clients on healthy aging, but also to provide this knowledge to our communities," said Kathy Johnson, PhD, Founder of Home Care Assistance. "We believe that empowering people to be proactive and educated when it comes to their health will lead to better lifestyle decisions, ultimately improving their quality of life."

Home Care Assistance's advocacy efforts for healthy aging extend well beyond their training programs to include various educational initiatives. The company has published seven distinguished books in its *Senior Wellness Book Series*, with topics ranging from happy and healthy longevity, brain health, sleep quality, sensory management and more. All books in the series are available for purchase on Amazon.com. The Healthy Longevity Webinar Series, another popular educational resource, features experts in industries ranging from cardiovascular health, stress relief, brain health and more. Past webinars are available at www.HomeCareAssistance.com/Webinar-Series.

In line with its mission to change the way the world ages, Home Care Assistance hopes that providing these educational resources will help older adults make proactive and healthy choices to improve their quality of life and promote independence. To learn more about Home Care Assistance, their caregiver and staff training programs and the educational resources they provide to the community, please call 1-866-454-8346 or visit www.HomeCareAssistance.com.

ABOUT HOME CARE ASSISTANCE

Nationally recognized as a premier provider of live-in, around-the-clock care for seniors, Home Care Assistance's mission is to change the way the world ages. 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. Home Care Assistance Caregivers provide care, safety, and companionship to seniors at home or in assisted living facilities and they help with meal preparation, personal hygiene, bathing, medication reminders, and transportation on both an hourly and live-in basis. In addition, caregivers actively engage clients in physical, mental, and social activities. Home Care Assistance caregivers are bonded, insured, covered by Workers' Compensation and screened for criminal backgrounds and driving histories to ensure that clients receive the best care from the most qualified caregivers. The company was founded in 2002 by Certified Care Managers and a PhD Clinical Psychologist. For more information about Home Care Assistance please visit homecareassistance.com or call 1-866-454-8346.