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## Home Care Assistance to Host Webinar for Caregivers on Alzheimer's and Dementia Care

*As part of an ongoing commitment to community education around quality dementia care, Home Care Assistance is hosting a public webinar led by Kae Hammond, founder of the Dementia Help Center, author and radio show host, on Thursday, November 19<sup>th</sup> at 10 AM Pacific, 1 PM Eastern*

**(Palo Alto, CA – October 22, 2015)** [Home Care Assistance](#), the premier 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 protecting their own health. In observance of both Alzheimer's Awareness Month and Family Caregivers Month in November, the next installment in the company's Healthy Longevity webinar series is ideal for individuals caring for someone with Alzheimer's or another form of dementia.

Led by Kae Hammond, Founder and President of the Dementia Help Center, author of *Pathways: A Guidebook for Dementia & Alzheimer's Family Caregivers* and host of "The Kae Hammond Show: Care for The Family Caregiver", the hour-long webinar will cover the following topics:

- Reasons for Memory 'Glitches'
- It's All About the "L's" (Learn, Live, Link, Laugh, Listen, Love)
- Understanding the Disease(s)
- Caring for your Loved One
- Caring for Yourself: Physically, Mentally, Emotionally, Spiritually
- Sharing the Care

The webinar will be held on **Thursday, November 19<sup>th</sup> at 10:00 AM Pacific, 1:00 PM Eastern**. The presenter 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: [homecareassistance.com/dementia-webinar](http://homecareassistance.com/dementia-webinar).

"My mission is to offer family caregivers pathways to new knowledge about Alzheimer's and dementias in order to let go of their fear, anxiety, and sense of helplessness," said Kae Hammond. "To thrive, not just survive the journey."

Kae Hammond is a certified National Alzheimer's Association Facilitator, and since 2010, has led a weekly family caregiver support group, pro bono. Kae has also served as a California state & national legislative ambassador. Since 2009, Dementia Help Center has provided private coaching and advocacy for individuals and families; personalized senior living placement and relocation services; and, geriatric care management services.

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.

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 2015 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](http://homecareassistance.com) or [franchise.homecareassistance.com](http://franchise.homecareassistance.com).