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## **Home Care Assistance Offers New Resource Guide: “The Family Caregivers’ Guide to the Holidays”**

*With the holidays quickly approaching, Home Care Assistance’s new guide will offer invaluable tips, tools and ideas to help family caregivers*

**(Palo Alto, CA—November 23, 2015)** [Home Care Assistance](#), the leading provider of in-home care for seniors, is proud to offer a new expert guide designed to help family caregivers better care for senior loved ones throughout the holiday season. “The Family Caregivers’ Guide to the Holidays” contains useful information on supporting an aging loved one through the holidays as well as information around respite care services to help family caregivers take better care of themselves. Respite care is temporary care for an older adult and helps provide relief to family caregivers in an effort to reduce burnout. One of the primary purposes of this guide is to relieve the stress often associated with the holiday season and provide caregivers with the tools needed to provide the best care possible to their loved ones while also protecting their own health at the same time.

“This year, family caregivers will provide 12 billion hours of care for their loved ones, and that number continues to grow,” said Lily Sarafan, President of Home Care Assistance. “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 how-to guide aims to provide these caregivers with solutions to their most common questions and challenges during one of the most overwhelming times of the year, the holiday season.”

The holidays are a time for family and friends to gather and celebrate lifelong traditions. Home Care Assistance created this booklet to help family caregivers navigate the holiday season with minimal stress and an abundance of joy and laughter. This guide covers the following topics:

- Tips for Decorating the Home
- Advice for Senior-Friendly Holiday Gatherings
- Healthy Seasonal Recipes
- Holiday Gift Ideas for Seniors
- Dementia Care Over the Holidays
- Taking Care of Yourself with Respite Care

Our aging population is growing rapidly 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 such as finding gifts for loved ones and organizing gatherings. This guide will help provide them with the insight and knowledge they need to provide the best care for an aging loved one while relieving some of the stress caregiving can bring over the holidays.

“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 holiday guide will help them manage the stress associated with caregiving and recognize when it may be time to hire a home care agency for a helping hand or temporary relief.”

As the leading provider of in-home care for seniors, Home Care Assistance staff is available 24/7 to provide experienced, trustworthy caregivers to help with all care needs for seniors including, transportation, healthy meal preparation, companionship, socialization, activities, personal care, medication reminders and care for advanced needs, such as dementia. Professional, compassionate caregivers encourage independence and engage clients in physical, mental and social activities, providing safety and comfort to each client and respite and peace of mind to their family members.

For more information on respite care or to download a free copy of our Holiday Survival Guide, visit [www.HomeCareAssistance.com/Respite-Care](http://www.HomeCareAssistance.com/Respite-Care). To learn more about Home Care Assistance, please visit [www.HomeCareAssistance.com](http://www.HomeCareAssistance.com) or call 1-866-454-8346.

## **ABOUT HOME CARE ASSISTANCE**

Home Care Assistance is the leading provider of home care for seniors across the United States, Canada and Australia. 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 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).