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Home Care Assistance of San Diego Welcomes Sarah Christ as Senior Care Advisor

Sarah Christ will play an integral role in the rapidly growing senior population in San Diego and surrounding communities

(La Jolla, CA – January 26, 2016) [Home Care Assistance of San Diego](#), a leading provider of in-home care for seniors, is proud to welcome Sarah Christ as Senior Care Advisor. In her role, Christ will largely focus on organizing community outreach and educational presentations as a resource for local San Diego seniors and elder care professionals. Sarah Christ brings seven years of experience in business development and over three years of experience in senior care to Home Care Assistance, along with a degree in Communications. After serving in the military, Christ found her work in home care to be the most satisfying of any field she has experienced and enjoys fulfilling her social responsibility to serve older adults and their families.

“We are thrilled to have Sarah join our team,” said Jennifer Muskat, Regional Director of San Diego. “Her extensive professional background, experience and commitment to innovative and comprehensive care will be invaluable to seniors and their families in our local community.”

Based on the scientific studies of the world’s healthiest seniors, the [Balanced Care Method™](#) promotes five key lifestyle behaviors correlated with healthy longevity: healthy diet, physical exercise, active social ties, mental stimulation and a sense of purpose and calm. Caregivers are professionally trained to incorporate the Method into daily care to encourage healthy mind, body and spirit. In addition, the [Cognitive Therapeutics Method™](#) is a research-based program designed to promote long-term brain health and prevent cognitive decline by stimulating the five main cognitive domains with fun and engaging activities.

As the leading provider of daily care, Home Care Assistance staff is available 24/7 to provide experienced, trustworthy caregivers to help with all home care needs for seniors including transportation, healthy meal preparation, companionship, socialization, activities, personal care, medication reminders and dementia care services. 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, trustworthy caregivers. Professional, compassionate caregivers encourage independence and

engage clients in physical, mental and social activities, providing safety and comfort to seniors and respite and peace of mind to their family members.

To learn more about Home Care Assistance of San Diego, please visit www.HomeCareAssistance.com/San-Diego or call at 858-842-1346. The office is located at 7521 Fay Avenue in La Jolla, California.

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 daily care. We embrace a positive, balanced approach to aging centered on the evolving needs of older adults. A 2016 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 <http://www.homecareassistance.com>.