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## **Caregiver Stress in Texas and its Impact on Hospital Readmissions**

*Jennifer Satery, Director of Client Care for Home Care Assistance Dallas, delivered a workshop on caregiver stress and its impact on hospital readmissions for continuing education units (CEUs) for Registered Nurses, Social Workers and Certified Case Managers on May 5<sup>th</sup>, 2016 at UT Southwestern Medical Center*

**(Dallas, TX – May 10, 2016)** [Home Care Assistance of Dallas](#), a premier provider of in-home care for seniors, sponsored an educational presentation, “The Impact of Caregiver Stress on Hospital Readmissions: An Essential Factor in Positive Outcomes for the Elderly”. Led by Jennifer Satery, Director of Client Care at Home Care Assistance of Dallas, the presentation covered the importance of planning for family and professional home care after patients are discharged from the hospital. The presentation was held at UT Southwestern Medical Center and all Registered Nurses, Licensed Social Workers and Certified Case Managers in attendance earned CEU hours to satisfy licensing requirements. The course taught by Satery, which focused on increasing positive outcomes for elderly hospital patients, cited studies by the National Caregiver Alliance that underscore the importance of assessing family and friend caregivers before patient discharge from a hospital or skilled nursing facility.

In June 2009, Governor Rick Perry signed two pieces of legislation directed toward improving caregiver support services which spawned two major studies by the Texas Department of Aging and Disability Services (DADS). According to DADS’ most recent report, [A Profile of Informal Caregiving in Texas](#), (December 1, 2014) there are an estimated 3.4 million caregivers in Texas who care for older persons and persons with disabilities who deliver over 3.2 billion hours of care with an economic value of \$34 billion annually:

“An important conclusion of the 2014 study notes that family caregivers caring for a spouse can be six times as likely to experience symptoms of depression or anxiety,” said Jared Caplan, General Manager of Home Care Assistance of Dallas. “The studies conducted by DADS, who interviewed 27,503 informal caregivers, utilized a three page Caregiver Assessment that contains over 43 questions on three pages to collect data which provided significant basis for developing public policy. While the Caregiver Assessment promulgated by DADS for their study collected a lot of important data, that form creates a huge workload for hospital staff, discharge planners, patients and family members.”

In an effort to help discharge planners, patients and their family caregivers identify, acknowledge and plan for respite care for patients with chronic conditions, Home Care Assistance, which was founded by clinical psychologists and geriatric care managers, has created a one page assessment tool to help families care for a loved one. To access the Caregiver Assessment, please visit, [www.dallashomecareassistance.com/caregiverassessment.pdf](http://www.dallashomecareassistance.com/caregiverassessment.pdf).

Another major data point from the DADS 2014 study is that almost one-half of caregivers assessed were caring for an individual with Alzheimer’s disease.

To meet the needs of people suffering from Alzheimer's, Parkinson's and some other form of dementia or stroke, Home Care Assistance created the Cognitive Therapeutics Method™, an activities-based program designed to promote brain health and delay the onset and progression of cognitive decline. Home Care Assistance caregivers are trained in the Cognitive Therapeutics Method™ and clients receive one-on-one mental stimulation from their caregiver as well as support with basic care and activities of daily living, improving overall quality of life.

The activities included in CTM target the five primary domains of cognition: executive functioning, memory, visual-spatial perception, attention and language. Having a caregiver trained in CTM offers an effective therapy, previously unavailable in the Dallas area, and improving clients' cognitive abilities, confidence and mood. Providing professional CTM therapy within the home not only allows clients to maintain their privacy but also supports psychological and emotional wellbeing.

At Home Care Assistance, care plans are tailored to clients' individual needs and preferences. Clients are also expertly matched with thoroughly trained, screened and conscientious caregivers. With a mission to change the way the world ages, Home Care Assistance helps seniors live well at home by training all of their caregivers to use their proprietary Balanced Care Method™, which is based on five tenets of the lifestyle that produces the longest living people on Earth.

For more information about Home Care Assistance and their unique approach to quality home care, please visit [dallashomecareassistance.com](http://dallashomecareassistance.com) or call 214-363-3400.

#### **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 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. Home Care Assistance is also the exclusive provider of the Cognitive Therapeutics Method™, a one-on-one cognitive activities program administered in the home. For more information about Home Care Assistance or our services including the Cognitive Therapeutics Method™, visit [homecareassistance.com](http://homecareassistance.com) or [cognitivetherapeutics.com](http://cognitivetherapeutics.com).