



Media Contact:

Megan Heinen
Director of Marketing
650-462-9501

mheinen@homecareassistance.com

Home Care Assistance of Pasadena Welcomes Liz Perrigue, CSA, as Home Care Liaison

Ms. Perrigue will play an important role in the Pasadena community and surrounding areas by serving their rapidly growing senior population

(Pasadena, CA – Nov. 7, 2016) Home Care Assistance of Pasadena, CA, a leading provider of in-home care for seniors, is proud to welcome Liz Perrigue, CSA, as a Home Care Liaison. Ms. Perrigue has lived in the Pasadena area all of her life, having grown up in Arcadia, and raised her four children in La Canada. As a Certified Senior Advisor, Liz has many years of professional experience working with seniors and is passionate about educating families on the best care plan for each individual.

“At Home Care Assistance, our mission is to change the way the world ages,” said Perrigue. “I am thrilled to be a part of a home care team that is supporting our mission through unique offerings such as the Balanced Care Method™, a holistic approach to care, and the Cognitive Therapeutics Method™, a proactive approach to brain health. I know that my efforts will continue to make a difference for local Pasadena seniors.”

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 Pasadena, CA, please visit www.homecareassistance.com or call our Pasadena office at 626-773-4490.

About Home Care Assistance

[Home Care Assistance](http://www.homecareassistance.com) 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 daily care. We embrace a positive, balanced approach to aging centered on the evolving needs of older adults. A 2016 Franchise500®, Inc. 5000 Company and one of the [50 fastest](#) growing women-owned companies worldwide in 2016, Home Care Assistance has received numerous industry awards including Entrepreneur's Fastest-Growing Franchises and Franchise Business Review's Top 50. The company was recognized as a [2016 Endorsed National Provider](#) by the home care industry's leading research firm, Home Care Pulse. Home Care Assistance CEO Lily Sarafan was also named Health Care Executives' [2016 Woman of the Year](#). For more information about Home Care Assistance, our services and franchise opportunities, visit <http://www.homecareassistance.com>.