

## BALANCED CARE METHOD



### HOME CARE ASSISTANCE™

## The Home Care Assistance Balance Care Method™ Approach to Care

Our Balanced Care Method is a holistic program that promotes a healthy mind, body and spirit.

- ✔ Healthy Diet
- ✔ Physical Activity
- 💡 Mental Stimulation to Boost Brain Health
- 🗣️ Social Connectedness
- 🕊️ Calmness and Purpose

***Changing the Way the World Ages***

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## The elders of Okinawa live longer and healthier than any other people in the world.

The Balanced Care Method™ is based on the scientifically studied lifestyle choices of the longest—and healthiest—living population on earth. The Balanced Care Method is unique because it focuses as much on quality of life as on longevity—emphasizing healthy nutrition, physical and mental exercise, and a purposeful and calm lifestyle. Home Care Assistance is proud to train our caregivers in the Balanced Care Method and provide the premier in-home care solution for older adults.

## The Balanced Care Method promotes smart lifestyle choices.

**Healthy Nutrition.** A high-fiber, plant-based, low protein diet that emphasizes fruits, vegetables and foods rich in omega-3 fatty acids and flavonoids promotes good health. Our caregivers encourage healthy eating by preparing nutritious meals while taking into account dietary preferences and restrictions.

**Physical and Mental Stimulation.** Active seniors are happier and healthier as they age. Our caregivers are trained to encourage regular physical activity and mental stimulation and are sensitive to any individual limitations. These activities help to delay memory loss and muscle loss and to encourage independence.

**Sense of Purpose.** Seniors with a calm and purposeful lifestyle are better equipped to avoid stress, disease and symptoms of depression. Our caregivers bring meaning and purpose to seniors' lives by engaging them in their favorite topics, hobbies and activities. One of the primary challenges of aging is a sense of isolation and withdrawal, particularly when mobility issues or difficulty driving creates barriers to socialization. Home Care Assistance caregivers provide companionship and a natural partner for the activities seniors enjoy, allowing them to maintain their independence and quality of life.



7742 Vaughn Rd., Montgomery, AL 36116, 334-593-3988  
[www.HomeCareAssistanceMontgomery.com](http://www.HomeCareAssistanceMontgomery.com)