

# Alzheimer's *and* Dementia Care

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Improving quality  
of life and cognitive  
health at home



866-454-8346

[HomeCareAssistance.com](http://HomeCareAssistance.com)



# If you are helping a loved one cope with dementia, you are **not** alone.

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Caring for a loved one with dementia can be physically and emotionally taxing. As symptoms progress, individuals will require increasing care resulting in around-the-clock safety monitoring and support with lifestyle and household activities. In addition, the personality changes, memory loss and irritability associated with the condition can take a psychological toll on family members. In fact, 61% of family caregivers have reported significant emotional stress and 43% have reported physical stress from caring for someone with Alzheimer's.

If you are considering care options for your loved one, Home Care Assistance is here to help. As leaders in brain health, we understand the unique needs of those with dementia. Our caregivers have experience caring for those living with Alzheimer's and dementia and receive comprehensive training in dementia specific caregiving skills, as well as lifestyle improvements to help promote a healthy brain through our Cognitive Therapeutics Method™.

The most important step you can take to ensure optimal quality of life for your loved one is to educate yourself. As experts in brain health and long-term care, Home Care Assistance has published a number of resources on best practices in dementia care and cognitive health, including the books *Mind Over Gray Matter* and *The Brain Boost*, and has hosted public webinars through our widely-acclaimed Wellspan Webinar Series.

If you are interested in learning more, call us today. A Client Care Manager will conduct a free assessment and help you create a personalized care plan. While there is currently no cure for dementia, we are committed to ensuring the highest quality of life for your loved one.

## How Home Care Assistance Can Help

**Cognitive Therapeutics Method (CTM).** As a part of our Balanced Care Method training, our caregivers learn CTM, a lifestyle program designed to promote long-term brain health. Based on scientific research, CTM encourages the key healthy habits that have been shown to optimize brain health, including social engagement, cognitive activity, light physical activity and nutrition.

**Personalized Care Plans.** Our Client Care Managers conduct in-depth assessments, evaluating each client's care needs including medical conditions, mobility issues and cognitive status. They also gather personal information like meal preferences and favorite activities to help promote optimal wellbeing.

**Ongoing Quality Assurance.** We provide regular updates at your discretion to designated family members and friends. Our caregivers track your loved one's condition and daily needs, and we conduct regular quality assurance and re-assessment visits so that the level of care being offered is always appropriate for the client's current needs.

**Comfort of Home.** Individuals with dementia respond best to a stable, familiar environment and an established routine. Our caregivers can help your loved ones stay home, even after care needs evolve, to provide maximum comfort and help ease symptoms of the disease.

**Consistency.** Unlike some other providers, we match each client with a specific caregiver and focus on the long-term relationship. Consistency is especially important for individuals with dementia who can have negative reactions to unfamiliar faces.

**Peace of Mind for the Family.** With a Home Care Assistance caregiver, you can rest assured that your loved one is always receiving high-quality, compassionate care. Our caregivers receive in-depth training and support, and our Client Care Managers are available 24/7 to address client needs and emergencies.

alzheimer's  association®

## Alzheimer's Workplace Alliance

Home Care Assistance is proud to serve as an Alzheimer's Workplace Alliance Champion, providing education and resources for individuals living with Alzheimer's and other dementias, and the family members who care for them.

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Call us today at **866-454-8346** or visit **HomeCareAssistance.com**

# About Home Care Assistance

At Home Care Assistance, we provide customized care to older adults so they can live happier, healthier lives at home. We champion the needs of seniors with a positive, empowering approach to aging that celebrates independence, dignity and quality of life. Our caregivers receive exceptional training, support and resources to deliver an unmatched care experience.

## High Quality Care

We go above and beyond to deliver concierge-level care for clients who want, and expect, the very best for their aging loved ones.

## Committed to Our Clients

We believe the best way to deliver exceptional care is to focus on building long-term, trusting relationships between caregivers, seniors and their families.

## Elevated Quality of Life

Our Balanced Care Method™ emphasizes healthy mind, body and spirit. We believe that with the proper care, we can help older family members live happier, healthier and more fulfilled lives.

## Trusted Care Expertise

We are experts in all aspects of home care, from family dynamics to nutrition, around-the-clock care to dementia. And we train our caregivers accordingly.

## Total Peace of Mind

We understand the trust you place in us, and do everything possible to ensure that the home care experience is worry-free for all concerned.

## Connected in the Community

We are the trusted partner of reputable care professionals in the communities we serve. We pride ourselves on connecting our clients to the care solutions they need - even if it's outside our service offerings.



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