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Home Care Assistance Announces New Book: *The Handbook of Live-In Care*

Written specifically for the growing number of family caregivers, The Handbook of Live-In Care provides practical, how-to guidance on caring for an elderly loved one

(Palo Alto, CA – September 26, 2011) Home Care Assistance, North America’s premier provider of in-home senior care, is excited to announce its newest book, *The Handbook of Live-in Care*. This is the second book published in the Home Care Assistance senior wellness series, following the wildly popular *Happy to 102: The Best Kept Secrets to a Long and Happy Life*.

Written by Dr. Kathy N. Johnson, Dr. James H. Johnson and Lily Sarafan of Home Care Assistance, *The Handbook* draws from their combined 28 years of experience in senior care. Covering everything from the psychology of homebound seniors to caregiver tips on nutrition, exercise and oral healthcare for seniors, *The Handbook* is the first definitive resource for family caregivers.

“This year, family caregivers will provide 12 billion hours of care for their loved ones, and the number continues to grow,” said Lily Sarafan. “These family caregivers, though well-intentioned, are often inexperienced with the needs of an aging senior. As a result, family caregivers are seven times more likely than the average adult to suffer from stress or depression. Our book aims to provide these caregivers with a how-to guide for their most common questions and challenges.”

“Caregiving takes a tremendous emotional toll,” said Dr. Kathy Johnson, Founder and CEO of Home Care Assistance. “Adult sons and daughters are especially vulnerable as they balance the needs of their elder loved ones, their families and children and their social and work responsibilities. This book will help them manage the stress associated with caregiving and recognize when it may be time to hire a home care agency.”

The Handbook of Live-In Care: A Guide for Caregivers, can be purchased online at Amazon.com.

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 Live-In care. We embrace a positive, balanced approach to aging centered on the evolving needs of older adults. A 2011 Franchise500® 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 homecareassistance.com or franchise.homecareassistance.com.