



**Press Contact**

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## **Home Care Assistance of Ft. Lauderdale Helps Promote Brain Health in Clients**

*Caregivers are trained in the company's Cognitive Therapeutics Method™, a proprietary, research-based cognitive activities program that engages the mind and promotes overall wellbeing*

(Fort Lauderdale, FL – April 4, 2018) [Home Care Assistance of Ft. Lauderdale](#), a leading provider for in-home senior care, offers a brain health program designed to keep aging minds sharp. The [Cognitive Therapeutics Method](#) was developed by a neuropsychologist led team. The program is based on scientific research pointing to non-pharmacological activities and lifestyle interventions as an effective way to promote long-term brain health. The Cognitive Therapeutics Method is designed to improve quality of life through a holistic approach that includes cognitive engagement, stress management, physical exercise, social interaction, recreation, sensory stimulation, and a healthy diet.

“At Home Care Assistance, one of the programs we offer is our Cognitive Therapeutics Method program in order to improve our clients brain health and boost longevity,” said Manpreet Dhalla, Owner and President of Home Care Assistance of Ft. Lauderdale. “The program provides a meaningful activity that our caregivers can do routinely with our clients—who enjoy the interaction and engagement.”

Home Care Assistance caregivers are trained to incorporate healthy lifestyle choices advocated through the Cognitive Therapeutics Method™. In observance of World Health Day this month, caregivers are focused on engaging clients in cognitive activities to boost brain health. The Cognitive Therapeutics Method™ complements the company's [Balanced Care Method](#), a multi-pronged approach to healthy aging, specifically focused on the mind, body and spirit.

Clients of Home Care Assistance of Ft. Lauderdale receive professional and customized care plans at no additional charge. To find out more about Home Care Assistance of Ft. Lauderdale commitment to excellence, please visit <http://www.HomeCareAssistanceFTLauderdale.com> or call 954-909-0370 at any time. Feel free to visit our office located at 5975 N Federal Highway, Ste 124, Fort Lauderdale, FL.

### **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 daily care. We embrace a positive, balanced approach to aging centered on the evolving needs of older adults. A 2018 Franchise500®, Inc. 5000 Company and one of the [50 fastest](#)

growing women-owned companies worldwide in 2017, 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 [2018 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>.