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## **Home Care Assistance of Ft. Lauderdale Helps Host Webinar on Memory Management**

**(Fort Lauderdale, FL – November 30, 2018)** [Home Care Assistance of Ft. Lauderdale](#), the area’s leading provider for in-home senior care, was proud to help host the latest webinar in its widely acclaimed Healthy Longevity Series. “Seven Steps to Managing Your Memory”, was led by Andrew Budson, MD, Chief of Cognitive & Behavioral Neurology, VA Boston Healthcare System, Professor of Neurology at Boston University, Lecturer in Neurology at Harvard Medical School, and co-author of *Seven Steps to Managing Your Memory: What’s Normal, What’s Not, and What to Do About It*. The webinar was held on Thursday, November 29<sup>th</sup>. To access the webinar recording, see [here](#).

“I was excited to share my expertise and knowledge on a subject that many individuals feel both concerned and curious about – memory loss and management,” said Andrew Budson. “The webinar was designed to educate listeners on how to keep our memories strong.”

The webinar covered:

- **How to distinguish normal, age-related changes in memory from those of Alzheimer’s**
- **How medications can work to improve memory**
- **Diets that have been shown to reduce memory loss and risk of dementia**
- **How exercise can improve memory**
- **Strategies and memory aids for memory improvement**

“At Home Care Assistance, we are always looking at new and innovative ways to improve client care—especially methods that are based in science,” said Manpreet Dhalla, Owner and President of Home Care Assistance of Ft. Lauderdale. “As an expert in memory care, Dr. Budson was able to expand on such an important and relevant topic that we find invaluable to a vast variety of individuals of all age groups.”

Budson cares deeply about educating others and actively participates in Alzheimer’s and dementia-related research studies to continually expand his expertise and knowledge-base. He graduated cum laude from Harvard Medical School, as chief resident of the Harvard-Longwood Neurology Residency Program, pursuing a fellowship in dementia at Brigham and Women’s Hospital, and studying memory as a postdoctoral research fellow in experimental psychology and cognitive neuroscience at Harvard University. Budson has published over 100 papers, reviews, and book chapters and is a reviewer for more than 40 journals. He has co-authored or edited five books, including *Memory Loss, Alzheimer’s Disease, and*

*Dementia: A Practical Guide for Clinicians*. His current research uses the techniques of experimental psychology and cognitive neuroscience to understand memory in patients with Alzheimer's disease.

To find out more about Home Care Assistance of Ft. Lauderdale, please visit [www.HomeCareAssistanceFTLauderdale.com](http://www.HomeCareAssistanceFTLauderdale.com) or call 954-909-0370 at any time. Feel free to also come by the office located at 5975 N Federal Highway, Ste 124, Fort Lauderdale, FL.

### **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 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>.