



Media Contact:

Kathryn Zakskorn
Director of Franchise Marketing
650-462-9501
kzakskorn@homecareassistance.com

Home Care Assistance of Ft. Lauderdale Promotes Award-Winning Healthy Longevity Book Series

(Fort Lauderdale, FL – March 21, 2017) [Home Care Assistance of Ft. Lauderdale](#), the area's leading agency for in-home senior care, is proud to promote a series of healthy, longevity books. The eight book series includes: [Happy to 102](#), [The Handbook of Live-in Care](#), [From Hospital to Home Care](#), [The Five Senses](#), [Mind Over Gray Matter](#), [The Senior Sleep Solution](#), [Cognitive Therapeutics Method™](#), and [The Brain Boost](#).

Home Care Assistance is the only senior care company with an award-winning book series designed to educate families and senior care professionals on topics related to healthy aging in an informative, fun, and accessible way.

"I'm proud to be part of an organization that is on the cutting-edge of senior care education and research," said Manpreet Singh Dhalla, Owner/President of Home Care Assistance of Ft. Lauderdale. "Our goal at Home Care Assistance is not only to provide the highest quality care for our clients, but to also be a resource and solution provider with regards to the aging process."

For example, [The Brain Boost](#) is grounded in research from the fields of cognitive science, neuropsychology, and medicine to show the potential to boost brain performance through various lifestyle behaviors. This book is the latest in Home Care Assistance's award-winning [Healthy Longevity Book Series](#), designed to address the challenges facing our aging population. Book topics include scientifically-based lifestyle choices to promote healthy longevity, best practices for providing quality care for an aging loved one in the home, hospital discharge and post-hospitalization care at home, understanding how the five senses evolve as we age, best practices in dementia care, and well-researched tools to identify and remedy potential sleep disturbances.

To find out more about Home Care Assistance of Ft. Lauderdale and this book series, please visit www.HomeCareAssistanceFTLauderdale.com or call 954-909-0370 at any time. We also welcome any one to visit our office at 5975 N Federal Highway, Ste 124 in 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 2016 Franchise500®, Inc. 5000 Company and one of the 50 fastest growing women-owned companies worldwide in 2016, the company was recognized as a 2017 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, visit <http://www.homecareassistance.com>.