



Press Contact:

Kathryn Zakskorn

Director of Marketing

Home Care Assistance

kzakskorn@homecareassistance.com

Home Care Assistance Places Emphasis on Nutrition to Promote Longevity in Their Clients

The company's proprietary Balanced Care Method™, a proprietary and a research-based holistic approach to care, is incorporated into client care plans to promote healthy aging and optimal health

(Dayton, Ohio – March 6, 2018) [Home Care Assistance](#), Dayton's premier home care provider, is proud to offer the first senior care solution with an emphasis on balance and longevity. The industry's most experienced and vetted caregivers undergo extensive Balanced Care Method™ training which focuses on physical activity, social engagement, mental stimulation and other positive lifestyle factors that have been proven to maximize health and wellness in older adults. By incorporating specific lifestyle behaviors into the daily routines of clients, Home Care Assistance caregivers extend and enhance the lives of seniors, helping them live longer, happier lives.

"The Balanced Care Method is an evidence-based program built on studies that demonstrate that only one-third of our longevity is based on genetics and two-thirds on lifestyle factors within our control," said Mark Febus, Owner at Home Care Assistance Dayton. "There is no single explanation for how and why some people live so much longer and have more active years than others, but there is a place where more people live longer and healthier than any other place on earth: Okinawa, Japan. Based on these studies, Home Care Assistance developed the Balanced Care Method, a holistic program we train our caregivers in to promote optimal health in our clients."

This month, Home Care Assistance caregivers are especially focused on the healthy diet component of the Balanced Care Method™, cooking and preparing nutritious, yet tasty meals for their clients. The reason for this is that a major factor that contributed to the extraordinary health of the Okinawan elders was their distinct diet. To promote healthy longevity in our clients, caregivers are knowledgeable about dietary restrictions, cooking techniques and provide assistance with grocery shopping to ensure clients make healthy decisions when it comes to the foods they purchase. Home Care Assistance caregivers interact with the client by cooking with them and sharing favorite recipes.

Clients of Home Care Assistance of Dayton receive professional and customized care plans at no additional charge. To find out more about Home Care Assistance of Dayton, please visit www.HomeCareAssistanceDayton.com or call 937-353-7997 at any time. Home Care Assistance of Dayton is located at 6109 Far Hills Avenue, Dayton, OH 45459.

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>.