

Alzheimer's and Dementia Care



Improving quality of life and cognitive health at home

www.HCAJerseyShore.com



You are not alone

If you are helping a loved one cope with Alzheimer's or another form of dementia, you are not alone. Dementia is one of the leading causes of disability and dependency among older adults worldwide, affecting an estimated 35.6 million people with 7.7 million new cases every year.

Dementia is often mistakenly believed to be a normal part of the aging process. In reality, however, serious cognitive decline, while more common with increasing age, is the result of an underlying neurodegenerative disease. Dementia is a general term used to describe a cluster of symptoms that manifest as severe impairments in various functional and cognitive processes. There are many causes of dementia, such as Alzheimer's disease and Parkinson's disease, with quite different manifestations; Alzheimer's is the most common, accounting for 60 and 80% of cases.

Caring for a loved one with dementia can be physically and emotionally taxing. As symptoms progress, individuals will require increasing care resulting in around-the-clock safety monitoring and support with lifestyle and household activities. In addition, the personality changes, memory loss and irritability associated with the condition can take a psychological toll on family members. In fact, 61% of family caregivers have reported significant emotional stress and 43% have reported physical stress from caring for someone with Alzheimer's.

If you are considering care options for your loved one, or if you are a family caregiver in need of respite, Home Care Assistance is here to help. As leaders in brain health, we understand the unique needs of those with dementia and our caregivers receive comprehensive training in all levels of care as well as our proprietary cognitive stimulation program, the Cognitive Therapeutics Method™.

How Home Care Assistance Can Help

- **Cognitive Therapeutics.** We proudly train our caregivers in our proprietary Cognitive Therapeutics Method, a one-on-one activity-based program designed to delay the progression of symptoms related to neurodegenerative disorders. Based on scientific research suggesting that mental stimulation is associated with slower cognitive decline, the Method includes hundreds of activities that engage all areas of cognitive functioning. The activities are fun and engaging, intended to not only keep clients mentally active, but also to improve their overall quality of life.
- **Personalized Care Plans.** Our Care Managers conduct in-depth assessments, evaluating each client's care needs including medical conditions, mobility issues and cognitive status. They also gather personal information like meal preferences and favorite activities to help promote optimal well-being. Our caregivers are available part-time or around-the-clock, depending on your loved one's needs.
- **Ongoing Care Management.** We provide regular updates at your discretion to designated family members and friends. Our caregivers use Care Notes to track your loved one's condition and daily needs, and we conduct regular quality assurance and re-assessment visits so that the level of caring being offered is always appropriate for the client's current needs.
- **Comfort of Home.** Individuals with dementia respond best to a stable, familiar environment and an established routine. Our caregivers can help your loved ones stay home, even after care needs evolve, to provide maximum comfort and help slow the progression of the disease.
- **Consistency.** Unlike some other providers, we match each client with a specific caregiver and focus on the long-term relationship. Consistency is especially important for individuals with dementia who can have negative reactions to unfamiliar faces.

- **Peace of Mind for the Family.** With a Home Care Assistance caregiver, you can be rest assured that your loved one is always receiving high-quality, compassionate care. Our caregivers receive in-depth training and support, and our Care Managers are available 24/7 to address client needs and emergencies.

The most important step you can take to ensure optimal quality of life for your loved one is to educate yourself. As leaders in brain health and long-term care, Home Care Assistance has published a number of resources on best practices in dementia care and cognitive health, including the books *Mind Over Gray Matter* and *The Brain Boost*, and has hosted public webinars through our widely-acclaimed Healthy Longevity Series.

If you are interested in learning more about Home Care Assistance or Cognitive Therapeutics, call us today. A Care Manager will conduct a free assessment, help you create a Care Plan and provide you with options for either full-time or respite care, depending on your needs. While there is currently no cure for dementia, we are committed to ensuring the highest quality of life for your loved one.

alzheimer's  association®

Alzheimer's Workplace Alliance

Home Care Assistance is proud to serve as an Alzheimer's Workplace Alliance Champion. As an AWA Champion, we are committed to providing education and resources for individuals suffering from Alzheimer's and other dementias, and the family members who care for them.

Call us today at **1-732-930-1935** or visit **HCAJerseyShore.com**

About Home Care Assistance



Our mission at Home Care Assistance 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.

- **Live-In Experts.** We specialize in **around the clock** care to help seniors live well at home.
- **Available 24/7.** Care managers are **on call** for clients and their families, even during nights and weekends.
- **High Caliber Caregivers.** We hire only **1 in 25** applicants and provide ongoing training and supervision.
- **Balanced Care.** Our unique approach to care promotes healthy **mind, body and spirit**.
- **Cognitive Therapeutics.** Our proprietary **cognitive stimulation program** addresses cognitive decline, building on our expertise in brain health.
- **No Long Term Contracts.** Use our services only as long as you're **100% satisfied**.
- **A Trusted Partner.** We're honored to be **Preferred Providers** for professionals in both the medical and senior communities.
- **Peace of Mind.** Independent industry surveys place our **client satisfaction** rate at 97%.



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