



**Because health-span is as important as lifespan.**

## **The elders of Okinawa live longer and healthier than any other people in the world.**

The Balanced Care Method™ is based on the scientifically studied lifestyle choices of the longest—and healthiest—living population on Earth. The Balanced Care Method is unique because it focuses as much on quality of life as on longevity—emphasizing healthy nutrition, physical and mental exercise, and a purposeful and calm lifestyle. Home Care Assistance is proud to train our caregivers in the Balanced Care Method and provide the premier in-home care solution for older adults.

## **The Balanced Care Method promotes smart lifestyle choices.**

**Healthy Nutrition.** A high-fiber, plant-based, low protein diet that emphasizes fruits, vegetables and foods rich in omega-3 fatty acids and flavonoids promotes good health. Our caregivers encourage healthy eating by preparing nutritious meals while taking into account dietary preferences and restrictions.

**Physical and Mental Stimulation.** Active seniors are happier and healthier as they age. Our caregivers are trained to encourage regular physical activity and mental stimulation and are sensitive to any individual limitations. These activities help to delay memory loss and muscle loss and to encourage independence.

**Sense of Purpose.** Seniors with a calm and purposeful lifestyle are better equipped to avoid stress, disease and symptoms of depression. Our caregivers bring meaning and purpose to seniors' lives by engaging them in their favorite topics, hobbies and activities. One of the primary challenges of aging is a sense of isolation and withdrawal, particularly when mobility issues or difficulty driving creates barriers to socialization. Home Care Assistance caregivers provide companionship and a natural partner for the activities seniors enjoy, allowing them to maintain their independence and quality of life.

## **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.

We train our caregivers in the Balanced Care Method to promote overall health and maximum independence for seniors. Families enjoy peace of mind knowing their loved ones are aging safely and comfortably in their own homes. Contact us today to learn more about our Balanced Care Method, our home care services and *Happy to 102: The Best Kept Secrets to a Long and Happy Life*, an informative book on the lifestyle choices that improve long-term health.

## Meet The Warren Family

Thank you for considering Home Care Assistance of West Texas. Our Family is always ready to foster people helping people, caring for and about your loved ones. Thank you for your trust. As Midland locals, we understand the challenges families face when caring for an elderly loved one. It will be our pleasure to help you answer any questions or concerns.



We are a Senior Home Care Company serving West Texas. Our office here in Midland Texas is locally Veteran Owned and Operated since September 1st, 2013 when we became a part of the Home Care Assistance Family. We believe the difference between being in the Home Care business and just being another home caring company is the caliber of our team of caregivers, our guiding HCA core principles and the management team of Home Care Assistance of West Texas. It is the enthusiasm that our caregivers display in providing quality and dependable home care to our clients that makes Home Care Assistance special. They are our most valued resource and we treat them like it. Home Care Assistance of West Texas is “Changing the Way the World Ages”. Call us today at (432)695-6489 to set up a Free In-Home Care Assessment and learn more about our services.

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### Our Mission:

Our mission at Home Care Assistance is to change the way the world ages. We provide older adults with quality care in West Texas 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 24 Hour Care. We embrace a positive, balanced approach to aging centered on the evolving needs of older adults.