

Personal Care

Programs that provide assistance in your home with activities of daily living such as bathing, grooming, toileting and mobility support that is provided by paraprofessionals. Food preparation and housekeeping services may or may not be provided by personal care assistants.

Links

CDC Complete Care Plan Form

Source

[CDC Complete Care Plan Form](#)

Article

Age in Action: Care Transitions - Empowering Older Adults with Post-Hospital Interventions

This Age in Action newsletter explores the importance of planning for hospital care transitions.

Source

[Virginia Center on Aging](#)

Links

Virginia Department of Health (VDH)

Source

[Virginia Department of Health \(VDH\)](#)

Article

Homemaker, Chore and Companion Services

Homemaker, Chore and Companion services take place in your home and may help you provide care for your loved one.

Source

[Virginia Department for Aging and Rehabilitative Services](#)

Article

What is In-Home Care?

This informational article explains what In-Home Care is.

Source

[Mark Sheets, Owner-Comfort Keepers, Richmond](#)

Links

Virginia Department of Behavioral Health and Developmental Services: Community Services Boards (CSB's)

Source

[Virginia Department of Behavioral Health and Developmental Services: Community Services Boards \(CSB's\)](#)

Links

National Association For Home Care and Hospice

Source

[National Association For Home Care and Hospice](#)

Article

Personal Care and Personal Assistance Services

Would you like more information about what personal care and personal assistance services are? This article provides a detailed overview of these services.

Source

[Virginia Department for Aging and Rehabilitative Services](#)

Article

Hiring In-Home Help

This informative article from the Family Caregiver Alliance, provides an overview of aspects to consider when hiring people to help at home.

Source

[Family Caregiver Alliance](#)

Article

Activities of Daily Living: Tips for the Family Caregiver

These tips will help new family caregivers understand the importance of Activities of Daily Living (ADLs) in the lives of their care recipients.

Source

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Showing 1-10 of 10 Results