

## Personal Care and In-Home Services

### Age Requirements

18 and over

Available 24/7

No

### Documents Required

Call for details

### Other Eligibility Criteria

Arlington residents age 60 and older or adults age 18 and older with physical or cognitive disabilities make it difficult for them to complete home and self-care tasks. Must be unable to leave their home independently.

### Intake Contact Email

arlaaa@arlingtonva.us

### Intake Process

Call, email, or walk into the Customer Service Center to meet with an intake worker. Application is required.

### Intake Contact Telephone

(703) 228-1700

### Provider Refer

Yes

### Report Problems

Call the Agency

### Residency Requirements

Serves residents of Arlington county.

### Self Refer

Yes

Arlington County Department of Human Services

<https://publicassistance.arlingtonva.us/>

<http://aging-disability.arlingtonva.us/programs/in-home/>

<https://www.arlingtonva.us/Government/Departments/DHS>

<https://twitter.com/ArlingtonDHS>

### Main

(703) 228-1700

### TTY/TTD

(703) 228-1788

2100 Washington Boulevard  
Sequoia Plaza  
22204 VA  
United States

Monday: 8:30 am-5:00 pm

Tuesday: 8:30 am-5:00 pm

Wednesday: 8:30 am-5:00 pm

Thursday: 8:30 am-5:00 pm

Friday: 8:30 am-5:00 pm

Saturday: Closed

Sunday: Closed

Additional Availability Comments

In home service hours may vary.

Fee Structure

Sliding Scale Fee

Languages Spoken

English

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Spanish

Virginia Department of Social Services Adult Services Program provides home-based services including companion, chore, and homemaker services.

This program provides services that enable individuals to remain at home safely for as long as possible or return home after a hospitalization or skilled facility. Services are typically provided Monday through Friday, although special accommodations can sometimes be made. All services are provided by trained staff through the County or a home care agency contracted by the County. Services include:

- Bathing, personal care, using the bathroom
- Physical assistance with getting from bed to chair
- Eating reminders and assistance
- Medication reminders
- Meal preparation
- Laundry and light housekeeping
- Assistance with grocery shopping
- Healthcare escorts

Service Area(s)

Arlington County

Email

[arlaaa@arlingtonva.us](mailto:arlaaa@arlingtonva.us)