

Personal Care and Companion Services

Personal care and companion services can offer much needed support for older adults and their families. Help is available for various tasks such as self-care and hygiene, food preparation, housekeeping, and errands and shopping. Companion services provide socialization, support, and companionship.

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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 \(VDH\)](#)

Books & Guides

The Caregiver's Resource Library

[The Caregiver's Resource Library](#) from AgingCare.com is an essential resource for all caregivers.

Source

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](#)

Links

Virginia Department of Social Services (VDSS): Medical Assistance Programs

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[Virginia Department of Social Services \(VDSS\): Medical Assistance Programs](#)

Links

Virginia Association of Area Agencies on Aging (VAAAA)

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[Virginia Association of Area Agencies on Aging \(VAAAA\)](#)

Links

Eldercare Locator

Source

[Eldercare Locator](#)

Links

Virginia Medicaid: Department of Medical Assistance Services (DMAS)

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[Virginia Medicaid: Department of Medical Assistance Services \(DMAS\)](#)

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](#)

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