

## Personal Care

### Age Requirements

0-5

,

6-12

,

13-21

,

22-55

,

56-60

,

60+

### Family

No

### Rooted and Grounded

Main

(757) 722-1999

1285 N King Street, Suite 1

23669 VA

United States

### Payment Method(s)

Private Pay

### Languages Spoken

English

Rooted and Grounded Home Care Agency offers non medical assistance that is provided in the home for older adults and people with disabilities. Some of the services may include meal preparation, light housekeeping, errand running, as well as assistance with activities of daily living such as bathing, grooming, toileting and mobility support.

### Service Area(s)

Hampton City