

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

AgingCare.com

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](#)

Links

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

Source

[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

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[Eldercare Locator](#)

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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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