

## **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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