

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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Books & Guides

Finding a Good Fit: Tips on Hiring Rural Personal Assistants

Learn how to find and hire a personal assistant that can meet your needs.

Source

[UM Rural Institute on Inclusive Communities](#)

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)

Source

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

Links

Eldercare Locator

Source

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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](#)

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