

## **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](#)

Links

### **DARS - Office for Disability Programs, Personal Assistance Services**

Source

[DARS - Office for Disability Programs, Personal Assistance Services](#)

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

## **Education for Lifelong Health: Health Resources**

A series of health factsheets developed by the Florida Center for Inclusive Communities (FCIC) and designed for people with mild intellectual disability. Provide information about serious health conditions that become more common with increasing age.

Source

[Florida Center for Inclusive Communities \(FCIC\)](#)

Article

## **Education for Lifelong Health: Good Health and Hygiene Factsheet**

This factsheet is part of a series of five health factsheets designed for people with mild intellectual disability. The Good Health and Hygiene Factsheet provides information on how to stay healthy including nutrition, exercise, managing stress, routine doctor appointments, and maintaining good personal and dental hygiene.

Source

[Florida Center for Inclusive Communities \(FCIC\)](#)

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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