

## **Personal Care including ADLs, IADLs, and Private Duty Skilled Nursing**

Age Requirements

No Age Requirement

Available 24/7

Yes

Family

No

Intake Process

Call the office

Report Problems

Other

Self Refer

Yes

Allegiance; A Capital City Nurses Company; Sterling Office

<https://capitalcitynurses.com/locations/sterling>

<https://www.facebook.com/CapitalCityNurses>

Main

(703) 539-6029

Toll-Free

(866) 807-7307

14 Pidgeon Hill Drive, Suite 310

20165 VA

United States

Fee Structure

Call for Information

Payment Method(s)

Private Pay

Languages Spoken

English

At Capital City Nurses their client-focused approach helps you or your loved one to age in place and maintain a life of dignity and independence. A tailored approach ensures clients receive the home health care services they require while keeping them safe.

A Registered Nurse (RN) performs a complete assessment and Personal Care Coordinators make a Caregiver match based on client preferences, skills, and availability. Service levels are based on the client's Individual Plan Of Care.

Licensed, bonded, and insured caregivers are supported with regular training, education, and other resources.

Caregivers provide a wide array of services including:

- Personal Care includes bathing, dressing, toileting, grooming, and helping with everyday tasks.
- Companionship includes chatting, encouraging activities, sharing meals, games, letter writing, and connecting with family through video chat.
- Transfer and ambulation care includes fall prevention care.
- Accompaniment to appointments and errands including safe escort to and from social events, hospital appointments, pharmacies, and more.
- Meal preparation and if needed, feeding assistance including healthy diets to ensure proper nutrition.
- Medication reminders.
- Range of motion assistance including help with physical therapy exercises between appointments or to stay active.
- Light housekeeping.

Other available services include [Skilled Nursing](#), [Rehabilitation and Post-operative Care](#), and [Medication Management](#).

Service Area(s)

Alexandria City

,

Arlington County

,

Fairfax City

,

Fairfax County

,  
Falls Church City

,  
Loudoun County

,  
Manassas City

,  
Manassas Park City

,  
Prince William County

Email

[info@capitalcitynurses.com](mailto:info@capitalcitynurses.com)