

Personal Attendants/Assistants

Community home health care and personal care services are provided in your home and can offer much needed support. Help is available for various tasks such as self care and hygiene, food preparation, housekeeping, and errands and shopping.

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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](#)

Links

DARS - Office for Disability Programs, Personal Assistance Services

Source

[DARS - Office for Disability Programs, Personal Assistance 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 Social Services (VDSS): Medical Assistance Programs

Source

[Virginia Department of Social Services \(VDSS\): Medical Assistance Programs](#)

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](#)

Links

Virginia Medicaid: Department of Medical Assistance Services (DMAS)

Source

[Virginia Medicaid: Department of Medical Assistance Services \(DMAS\)](#)

Article

Education for Lifelong Health and Mental Health Learning Factsheets

This series of health factsheets developed by the Florida Center for Inclusive Communities (FCIC) was designed for people with mild intellectual disability. The

factsheets provide information and resources 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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