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## Caregiver Resources

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Caregiving help can come from family members, friends, and neighbors. Community organizations, private home care agencies, and religious organizations can also help you care for your loved one. Caregiver support services that can give you a break include adult day care and respite services. Other services that may also be available include homemaker, chore, and companion services, meal delivery, transportation services, and personal care or personal assistance services for the person you are caring for. There are also support groups that can provide education, emotional support and an opportunity to exchange coping skills with other caregivers. Each of these services is briefly described below and includes links to information about available programs and services.

**Adult day care services** are programs and services provided in a center for adults with physical and cognitive impairments.

**Respite services** are services that provide temporary relief for caregivers, giving them time away from the person they care for.

**Homemaker, Chore, and Companion services** take place in your home. They are not medical services, but personal services. Learn more about [homemaker chore, and companion services](#).

**Meal delivery services** are often referred to as “Meals on Wheels.” This home-delivered-meals program brings qualified individuals a meal if they cannot leave their home. Some private, non-profit Meals on Wheels may serve persons under 60 if they cannot leave their home and have a disability. Learn more about [home-delivered meals program](#).

**Transportation services:** Public and private transportation services can be of help while providing care. Learn more about [transportation services](#).

**Personal care or personal assistance services** are non-medical services that are offered in your home. These services include help with activities of daily living (ADLs) such as bathing, dressing, eating, getting out of bed, walking, and using the bathroom. They may also include help with instrumental activities of daily living (IADLs) such as light housekeeping, grocery shopping, meal preparation, and laundry. Learn more about programs and services available for [personal care and personal assistance](#).

### **Where can I find out more?**

To find services in your area, go to [VirginiaNavigator](#) and select “caregiver support” from the popular topic box and put in your zip code. You may also put in your zip code on VirginiaNavigator and enter one of these topics to find your local:

- Department of Social Services
- Area Agency on Aging
- Centers for Independent Living
- Adult Day Services

### **Additional Resources**

- [AARP](#)
- [Caregiver Action Network](#)
- [Family Caregiver Alliance](#)
- [Your Local Area Agency on Aging](#)
- [Office for Aging Services, Division for Community Living](#)
- [Adult Protective Services, Department for Aging and Rehabilitative Services](#)

Article Source

Virginia Department for Aging and Rehabilitative Services

Source URL

<https://www.dars.virginia.gov>

Last Reviewed

Tuesday, May 7, 2024