



1<sup>st</sup> Care **At Home**  
ROOTED IN COMMUNITY

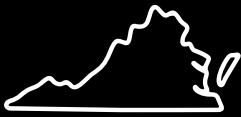
# PERSONAL CARE

Home Health Care

Hospice Care

Personal Care

Serving over 13  
counties in  
Virginia



Medicaid &  
Personal Pay



Referrals:  
(434) 384-2412



Referral Fax:  
(434) 384-2759



Email:  
[pclynchburg@firstcare.biz](mailto:pclynchburg@firstcare.biz)



Website:  
[1stcareathome.com](http://1stcareathome.com)

**1st Care at Home - Personal Care** offers support and assistance that individuals need in order to maintain their independence and quality of life in the comfort of their own home.

## How Can Personal Care Help?

- Enhancing personal hygiene
- Promoting independence
- Companionship & support
- Respite care
- Improved quality of life

## Personal Care Services:

- Assistance with personal hygiene: This may include help with bathing, grooming, oral care, and dressing.
- Mobility support: This includes assistance with walking, transferring from one position to another, and using mobility aids.
- Meal preparation and feeding assistance: Personal care providers may help with meal planning, cooking, and feeding, ensuring that individuals receive proper nutrition.
- Light housekeeping: This involves tasks such as dusting, vacuuming, laundry, and general tidying up the living space.

**Welcome to 1st Care At Home - Personal Care,** We understand that maintaining independence and dignity is important at any age or stage of life. That's why we're here to help with our personal care services. Our team of compassionate and trained caregivers provide assistance with daily household tasks, personal hygiene, medication management, and more. We're committed to providing personalized care that meets your needs and enables you to live comfortably and safely in your own home.

Contact us today to schedule a consultation and learn more about how our personal care services can benefit you or a loved one. We look forward to supporting you on your care journey!

"Our organization is ROOTED IN COMMUNITY and committed to providing diverse, essential homecare to all ages."