

## **Companion Care and In Home Assistance**

Age Requirements

56-60

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60+

Other Eligibility Criteria

Seniors

Family

No

Intake Contact Email

info@independentyou.net

Intake Process

Visit the website for information. Call the office to request services

Provider Refer

Yes

Self Refer

Yes

Independent You

<https://www.independentyou.net>

Main

(703) 999-3006

9489 A Silver King Court

Suite A

22031 VA

United States

Monday: 8:30 am-4:30 pm

Tuesday: 8:30 am-4:30 pm

Wednesday: 8:30 am-4:30 pm

Thursday: 8:30 am-4:30 pm

Friday: 8:30 am-4:30 pm

Saturday: Closed

Sunday: Closed

Fee Structure

Fee Range

Payment Method(s)

Private Pay

Languages Spoken

English

Independent You, Senior Services provides assistance to individuals who need help with daily tasks. Services can be tailored to suit your needs. Some ways assistance can be provided are:

- Accompany seniors to medical appointments, dental appointments, to a pharmacy, etc;
- Accompany seniors to medical appointments and take notes;
- Accompany seniors on shopping trips, errands, help with groceries, etc;
- Manage home repairs by getting estimates from reputable contractors and be with the individual when repairs are made;
- Companionship;
- Telephone check-ins;
- Accompany seniors to a bank, assist with mail and paying bills;
- Ensure proper nutrition requirements are met;
- Accompany seniors to social functions such as senior centers, church or other social events;
- Yard work such as a flower garden or vegetable garden;
- Seasonal help with decorations and holiday preparations;
- Accompany seniors on walks or assist with exercise.

No charge for an initial in-home consultation.

Service Area(s)

Alexandria City

,

Arlington County

,

Fairfax City

,

Fairfax County

,

Falls Church City

Email

[info@independentyou.net](mailto:info@independentyou.net)