## **Personal Care**

```
Age Requirements
0-5
6-12
13-21
22-55
56-60
60+
Family
No
Rooted and Grounded
Main
(757) 722-1999
1285 N King Street, Suite 1
23669 VA
United States
Payment Method(s)
Private Pay
Languages Spoken
English
```

Rooted and Grounded Home Care Agency offers non medical assistance that is provided in the home for older adults and people with disabilities. Some of the services may include meal preparation, light housekeeping, errand running, as well as assistance with activities of daily living such as bathing, grooming, toileting and mobility support.

Service Area(s) Hampton City