

In-Home Services

Senior Services provides information and assistance to help those age 60 and over stay healthy, active, and engaged. Our resource specialists will answer your questions and connect you with the resources you need.

- **Options Counseling**

Access resources for physical, medical, financial, or emotional needs.

- **Caregiver Support**

Access caregiver support services for better options, stress relief, and short-term respite.

- **Medicare Benefits Counseling**

Navigate Medicare options, compare drug plans, and resolve billing issues.

- **Personal Care Program**

Receive short-term help with bathing and self-care tasks.

- **Homemaker Program**

Receive short-term help with light housekeeping and meal preparation.

- **Senior Companions**

Enjoy the friendship and help of a senior companion.

- **Senior Advocate Ombudsman**

Nursing home and assisted living residents receive help through investigation of concerns, mediation, and counseling services.

- **Veteran Directed Care**

Receive assistance preparing your VA-approved healthcare budget, managing priorities, and securing self-directed benefits.

- **Care Transitions**

Improve post-hospital skills, minimize hospital readmission risk, and maximize recovery.

(757) 461-9481

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Senior Services of Southeastern Virginia is a 501(c)(3) nonprofit organization.

06/2024