



# THE FREEDOM TO LIVE *Your Life.*

Independence. Control. The ability to live our lives the way we choose. Deep down inside, that's what we all want, to live as independently as possible, for as long as possible, with dignity and confidence.

Since 1983, FamilyCare Senior Solutions, Inc., has provided both healthcare and home services to families in southeastern Virginia. The solutions we offer you, whether you're a senior, family member, or caregiver, are as individual as you are. We understand how important it is — especially as we age — to maintain an independent lifestyle and to live in familiar surroundings.

Wherever life takes you, whether it's staying at home, in the hospital, a rehabilitation center, assisted living facility, or nursing home, you can count on us to be by your side.



FAMILYCARE  
Senior Solutions<sup>SM</sup>  
inc.

FamilyCare Senior Solutions, Inc., is a certified Medicare/Medicaid provider, and we're proud of our many years of providing critical, compassionate services to friends, neighbors, and families throughout southeastern Virginia.

*Locally owned & operated since 1983*

*All services custom-designed*

*Certified Senior Advisors on staff*

*Call us for a free, no-obligation  
consultation or a detailed brochure  
describing our services.*

Portsmouth/Chesapeake 757-399-9700  
Virginia Beach/Norfolk 757-673-6981  
Suffolk/Smithfield/Franklin 757-925-0257  
[www.forfamilycare.com](http://www.forfamilycare.com)

# *Solutions.*



*For health. For home.  
For independence.*



FAMILYCARE  
Senior Solutions<sup>SM</sup>  
inc.



## AT FAMILYCARE, WE ALSO PROVIDE PEACE OF MIND.

**NOT ONLY DO WE** have a trained, experienced, and compassionate staff to help you continue to live independently, we have strong resources and solid community relationships. These include elder care attorneys, trust officers, healthcare specialists, medical institutions, long-term care insurance providers, nursing homes, assisted living facilities, and the clergy.

**WE START** by providing a free, no-obligation assessment of your needs, then, together, we create a customized plan of care that we implement and manage on your behalf, reducing the confusion and frustration you may have felt trying to coordinate services yourself.

### WHO DO WE SERVE?

People just like you. Our clients include seniors, caregivers, and family members. When developing a customized care plan, we consider and develop solutions that are good for everyone involved.



*“Your attention, observation skills, and readiness to communicate any concerns were so deeply appreciated.”* – Gregory P.

**WE BELIEVE** in providing you with the very best care. That’s why many of our staff are members of the Society of Certified Senior Advisors™, the Case Management Society of America, and the National Association of Professional Geriatric Care Managers.



## HEALTHCARE SERVICES

We regularly work with physicians and medical professionals who refer clients to FamilyCare, and we are proud of the trust they have placed in us for over two decades. You can be assured you will be cared for by skilled, compassionate professionals and caring individuals.



- Care Management
- Skilled Nursing (RN/LPN)
- Certified Nurse Aides
- Companion Aides
- Live-ins
- Physical Therapists
- Occupational Therapists
- Speech Therapists

*“You provide an invaluable service to patients and their families at a time of stress and uncertainty. That level of caring and dedication is rare today.”* – Martha E.

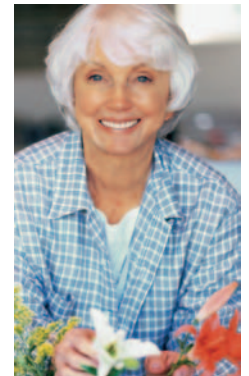
## PERSONAL SERVICES

Our caregivers provide a wide range of personal services that can help you keep up with the tasks of daily living, and with our comprehensive Care Management Program, you can depend on us to be there for you as your needs change. FamilyCare also partners with Health Watch®, offering the most advanced personal monitoring technology available.

- Dressing & Grooming
- Transportation
- Grocery Shopping
- Bill Paying
- Meal Preparation
- Medication Reminder
- Counseling & Service Coordination
- Respite Care

## HOME MAINTENANCE

At FamilyCare, we realize that as you age, you may find it increasingly difficult to maintain your home. Things you used to do around the house, in fact, took pride and pleasure in doing, like tending flower beds and mowing the lawn, are just not possible for you now. With our help, you can maintain a safe, healthy environment, and enhance your property’s value.



- Lawn & Yard Care
- Handyman Services
- Housekeeping

*“You were there to answer my questions when I didn’t know where to go.”* – Joyce W.