



# Seniors *Helping* Seniors®

...A WAY TO GIVE AND TO RECEIVE®

**Seniors Helping Seniors®** in-home services provides loving, caring, compassionate seniors to help you maintain your independence in your own home.



## In-Home Services for Seniors *by* Seniors

- Companionship and Socialization
- Light Housekeeping
- Meal Preparation
- Transportation
- Doctor Appointments
- Overnight Stays (24-hour care)
- Respite Care
- 12-Hour Care
- Relief of Family Caregiver
- Pet Care
- Daily Living Assistance
- Handyman Services



Proudly Serving Northern Virginia

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