

Long-Term Care

Our In-Home care team is here to help you find the resources you need to stay healthy, active, and independent.

- Options Counseling Identification of available resources, care planning, & caregiver support
- Medicare Benefits Counseling Understand your Medicare options
- Veteran Directed Care
 Help for Veterans who want to direct their
 own care at home
- Personal Care
 Help with grooming & personal needs
- Care Transitions
 Helping you stay out of the hospital
- Senior Companions
 A friend you can count on
- Caregiver Support Support for caregivers, including respite
- Homemaker Program

 Help with meal prep & light housekeeping
- Senior Cool Care
 Help to keep your house cool



Senior Services



(757) 461-9481

2551 Eltham Avenue, Suite Q Norfolk, VA 23513

> Hayden Village Center 680 Oak Street Franklin, VA 23851

www.SSSEVA.org www.facebook.com/SSSEVA

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

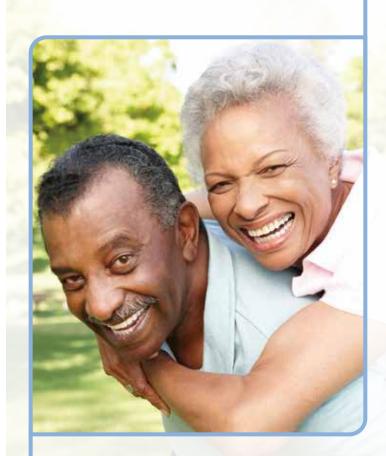








Senior Services of Southeastern Virginia is committed to ensuring that no person is excluded from participation in or denied the benefits of its services on the basis of race, color, or national origin, as provided by Title VI of the Civil Rights Act of 1964.



Keeping You Healthy, Active, & Engaged





A Legacy of Service

Senior Services has been serving the older adults and caregivers of South Hampton Roads and Western Tidewater for more than 50 years. In that time, we have provided more than 11,000,000 services to older adults — helping them remain healthy, active, and engaged.

If you or a loved one, age 60+, needs a helping hand, or if you are a caregiver who needs time to recharge and care for yourself, we can help.



Keeping You Healthy, Active, & Engaged

What About Fees?

Many of our services are provided at no cost for ages 60 and better. **Call for more information.**



Health & Wellness Programs

Senior Services is dedicated to assuring seniors have easy access to nutritious meals.

- Senior Center Programs
 Daily nutritious meals
 Make new friends
 Fun Activities
- Farm Market Program

 Eat fresh, eat local

 Vouchers for fresh produce
- Meals On Wheels
 Healthy meals delivered to your home

 For Home-bound older adults
- Nutrition Programs
 Learn how to eat for longevity
 Health and wellness materials
- Wellness Classes
 A Matter of Balance
 Bingocize®
 Chronic Disease Self-Management
 Chronic Pain Self-Management
 Walk With Ease

(757) 461-9481



I-Ride Transportation

The Senior Services' I-Ride transportation program serves individuals who are 60-years-old and better in South Hampton Roads and Western Tidewater. Our vehicles are equipped with lifts for those in wheelchairs or walkers. Our courteous professional drivers will be happy to get you where you need to go!

- Medical appointments (non-emergency)
- Senior centers
- Adult day care programs
- Fixed routes Smithfield, Franklin, Windsor, & Norfolk

Hayden Village Center

Winner of the Virginia Governor's Housing Conference: **Best Affordable Housing Development**.

- Community Center
- Senior Apartments (55+)
- Social & recreational activities (60+)
- Transportation