

## Personal Care

Age Requirements

18 and over

Family

No

Intake Contact Email

capitalcare@aol.com

Intake Process

Visit the website; call the office

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Capital Care LLC

<http://capitalcarehealth.com/>

<https://capitalcarehealth.com/services>

Main

(757) 410-4940

Toll-Free

(888) 886-6642

420 N Battlefield Blvd

23320 VA

United States

Monday: 9:00 am-4:30 pm

Tuesday: 9:00 am-4:30 pm

Wednesday: 9:00 am-4:30 pm

Thursday: 9:00 am-4:30 pm

Friday: 9:00 am-4:30 pm

Saturday: Closed

Sunday: Closed

Fee Structure

Fixed Fee

Payment Method(s)

Private Pay

,

Private Insurance

Languages Spoken

English

Capital Care provides personal care, including, but not limited to:

- Assistance with mobility
- Assistance with dressing
- Grooming assistance
- Hygiene support and monitoring
- Medication reminders
- Bathing
- Turning
- Toileting
- Housekeeping
- Transportation
- Exercise and stretching support
- Feeding
- Finger and nail care
- Record keeping

Staff also supports family and friends with caregiving education, respite care, emotional support and equipment, medication and medical service referral.

Service Area(s)

Chesapeake City

,

Hampton City

,

Newport News City

,

Norfolk City

,

Portsmouth City

,

Suffolk City

,

Virginia Beach City

,

Williamsburg City