

**Homemaker &
Personal Care**



HERE'S HELP FOR SENIORS WHO LIVE ALONE

The United Way Area Agency on Aging's Homemaker and Personal Care program provides temporary in-home assistance to help you with household tasks and basic personal needs.

Having a little help can be the difference between living in your own home and giving up your independence. Our Homemaker and Personal Care program is empowering seniors to take charge of their lives and remain independent.

Homemaker and personal care services are provided by local home healthcare agencies under contract with United Way Area Agency on Aging.

To learn more about how this program may be able to help you or someone you care about, call

1-800-AGE-LINE



United Way
**Area Agency
on Aging**
of Jefferson County

A LITTLE HELP CAN MAKE A BIG DIFFERENCE

Individuals who qualify for United Way Area Agency
on Aging's Homemaker and Personal Care program:

- Are age 60 or older.
- Are residents of Jefferson County.
- Live alone and need help for a minimum of two hours per week with two or more activities of daily living.

Homemaker Services may include:

- Light Housekeeping, such as dusting, vacuuming, etc.
- Changing bed linens.
- Laundry.
- Light meal preparation.

Personal Care Services may include:

- Bathing assistance.
- Dressing and/or grooming assistance.
- Toileting.
- Feeding.
- Ambulation.
- Medication reminders.



For additional details on services,
or to find out whether you qualify for in-home
assistance, visit uwaaa.org/homemaker or call

1-800-AGE-LINE



United Way
of Central Alabama, Inc.