

Why First Choice is the Right Choice:

Partnered with:

Safe, Independent Living in Your Home

You will find that we have a culture that is founded on three principles. These principles are:

- 1.) Respect and Caring
- 2.) Ethics
- 3.) Quality and Safety.

We are a caring and dedicated organization. Since our beginnings in 1977, we have remained focused on these principles and provided quality care for clients in their homes and a good work environment for our employees.



Bridgewater Retirement Community,
Sunnyside Retirement Community and
VMRC.

Reliability Since 1977



(540) 434-3916 • (800) 541-3398
FAX: (540) 432-0074

1819 Virginia Avenue
Harrisonburg, VA 22802
www.firstchoice4you.com

First Choice **HOSPICE** **(540) 217-5845**
Fax: (540) 217-5843

Reliability Since 1977



Home Health

Private Duty

Hospice Care



Medicare Certified

www.firstchoice4you.com

Proudly serving Rockingham County
Augusta County • Page County
Shenandoah County

(540) 434-3916 • (800) 541-3398
FAX: (540) 432-0074

First Choice Private Duty

- Bathing & Dressing
- Walking/Exercises
- Companion Services
- Meal preparation
- Medication reminders
- Run errands
- Medical appointments
- Outings for pleasure
- Care for a loved one while you go out
- Cleaning
- Laundry

**FREE
IN-HOME
ASSESSMENT
FOR PRIVATE SERVICES**

For your assurance, our staff and companions are bonded and have background checks.

Call for hourly rate.



Home Health

Criteria for receiving home healthcare under your Medicare benefits:

- Ordered by a physician. We can assist you by contacting your doctor, with your permission.
- Provided by a skilled health care individual, such as a nurse or therapist.
- Provided on an intermittent basis.
- You must be homebound, which means you leave your home infrequently, it requires an effort on your part, and you need assistance by a device or another individual.

Have You Recently Had...

- Hospitalization?
- In-Patient Rehabilitation?
- Problems with a Chronic Illness?
- New Medical Condition?
- Fracture or Joint Replacement?
- Frequent Falls and Safety Issues?

Nursing - Assess your health status, help you to learn self care and/or teach you about a condition.

Physical Therapy - Assist you to learn and perform exercises to recover and regain your strength and mobility.

Occupational Therapist - Assist you with determining what adaptive equipment you require, assess your current limitations and design activities to help you safely regain your independence.

Speech Language Pathologists - Assist you with receptive/expressive communication, cognitive functioning, swallowing and/or speech training.

Home Health Aides – Assist you with bathing, dressing, and/or grooming for a short time while you recover. This service must be provided in conjunction with one of the above services.

Social Work – Educate you and your family regarding community resources and support, assist with long range planning, including advance care planning, advance directives, and psychosocial needs.

Cost of Care: These services are provided at no cost to you if you have Medicare Part A.

First Choice Hospice complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, limited English proficiency (LEP) or any other protected status. For further information about this policy, contact our administrator at: 540-434-3916, or Virginia Relay 711.

Español (Spanish) ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 540-434-3916, or Virginia Relay 711.

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. (TTY: 540-434-3916, or Virginia Relay 711.)번으로 전화해 주십시오.