

PREMIER HEALTH SERVICES OF VIRGINIA

Intellectual and Developmental Disability Support Services

Day Support Services (Community Engagement) Ages 18+

Engaging. Empowering. Inclusive.

Our Group **Community-Based Day Support Program** provides opportunities for individuals to build skills, explore interests, and connect with their communities.

- Person-centered activities promoting independence and social engagement
- Community outings to local businesses, volunteer sites, and recreational venues
- Support in communication, self-advocacy, and decision-making
- Focus on personal growth, friendship, and lifelong learning

We believe every day should offer purpose, connection, and opportunity.

In-Home Support Services (Children and Adults)

Comfort. Care. Independence.

Our **In-Home Support Services** are designed to help individuals live successfully in their own homes and communities.

- Assistance with daily living tasks such as hygiene, meal preparation, and housekeeping
- Support with medication reminders, safety, and personal care routines
- Skill development in money management, communication, and self-care
- Flexible scheduling to meet individual needs and preferences

We empower individuals to thrive in the place they feel most comfortable—**home**.

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