

Postsurgical At-Home Recovery Resources

Inova Spine Surgery Patients

Meal Delivery and Preparation Options

Below are several low- to no-cost meal options for those needing assistance or with financial constraints.

Chefs for Seniors (affordable home meal preparation)	202.888.2722
Herndon Senior Center	703.464.6200
Loudoun County Area of Aging (for county residents)	703.777.0257
Meals on Wheels – Arlington residents	703.522.0811
Meals on Wheels – Fairfax County residents (ages 60+)	703.324.5409
Meals on Wheels – Prince William County residents (ages 60+)	703.792.6374
Senior Services Nutrition Program – Alexandria	703.836.4414
Senior First, The Shenandoah Area Agency on Aging	540.635.7141

Visit mealsonwheelsamerica.org/find-meals to look up a location near you.

Some Meals on Wheels can also be found on your county’s agency on aging website.

Home Care Aides (private-pay/nonskilled homecare)

**Home services may vary by agency, so please visit each organization’s website to review the services provided and the days of the week and times offered. Search online for additional listings near you.*

Carelinx	800.494.3106
Comfort Keepers	703.348.4801
Five Star Home Health	703.662.7500
Home Instead Senior Care	703.873.7336
Lifematters	301.652.7212
Right at Home	703.538.4584
The Medical Team	703.390.2300

Transportation Services

Fairfax Red Roof Cab	703.333.3333
Fairfax Yellow Cab	703.534.1111
H&M Transport (wheelchair van and stretcher)	703.304.7889
Humble Transport (wheelchair van and stretcher)	571.208.1174
MML Transport (wheelchair van and stretcher)	703.912.7878

