

# Services for Older Adults

## Overview

Fairfax County projects a significant increase in the older adult population. Between 2010 and 2030, the County expects the 50 and over age group to increase by 19 percent, the 65 and over age group by 51 percent, and the 70 and over age group by 55 percent. This dramatic increase in the older population led to Board of Supervisors to adopt The Fairfax County 50+ Community Action Plan in September 2014. The Action Plan includes 31 initiatives regarding housing, transportation, community engagement, services, safety and health and long-range planning. Given this aging of the population, the County highlights services currently provided to older adults. It should be noted that the figures in the following table do not reflect the cost of all services provided to older adults, as only those services specifically designed for older adults, or those where participation by this population has been tracked or can be reasonably estimated, have been included. There are many general County services that are used extensively by the older adult population, such as Emergency Medical Services and cultural tours, but limited data on actual utilization rates makes it difficult to quantify those costs.

Given the rapid growth in the older adult population in the County, the increasing trend of older adults aging in place and the commensurate increase in demand for services, a large number of service delivery models have been undertaken in various County agencies in recent years. Following the adoption of the FY 2010 budget and at the direction of the Board of Supervisors, staff from agencies providing services to older adults, including the Department of Family Services, the Fairfax-Falls Church Community Services Board, the Department of Housing and Community Development, the Health Department and the Department of Neighborhood and Community Services have evaluated the continuum of older adult services including but not limited to Senior Centers and Adult Day Health Care Centers to ensure coordination of programs and opportunities for provision of more cost-efficient service delivery with the ultimate goal to promote long-term sustainability.

The table on the following pages details the cost of services provided specifically to older adults included in the FY 2023 Advertised Budget Plan. Following the table is a description of the programs, as well as utilization data by age if available. In FY 2023, services to older adults total \$104.2 million or 2.2 percent of General Fund Disbursements of \$4.8 billion. Excluding the General Fund Transfers to Fairfax County Public Schools for School Operating, School Construction, and School Debt Service of \$2.5 billion, spending on services for older adults is approximately 4.6 percent of the remaining General Fund Disbursements.

# Services for Older Adults

## County Funded Programs for Older Adults<sup>1</sup>

Name and Description of Service	FY 2021 Actual	FY 2022 Revised Budget Plan	FY 2023 Advertised Budget Plan
<b>Facilities Management Department</b>			
Lease for the Lorton Senior Center at Gunston Plaza (Operated by the Dept. of Neighborhood and Community Services)	\$131,722	\$149,346	\$153,080
<b>Department of Neighborhood and Community Services (NCS)</b>			
Senior Centers for Active Adults and Support Services for Older Adults	\$3,649,754	\$4,945,401	\$4,501,866
Transportation Options, Programs, and Services (TOPS) Program <sup>2</sup>	49,240	579,509	306,210
Adult Day Health Care <sup>3</sup>	0	0	2,902,607
<b>Subtotal Dept. of Neighborhood and Community Services</b>	<b>\$3,698,994</b>	<b>\$5,524,910</b>	<b>\$7,710,683</b>
<b>Fairfax County Public Library</b>			
Programs Primarily Used by Older Adults	\$444,084	\$689,940	\$689,940
<b>Department of Tax Administration</b>			
Tax Relief for the Elderly and Disabled	\$26,306,799	\$30,780,000	\$45,315,000
<b>Department of Family Services</b>			
Adult Protective Services	\$2,518,073	\$2,370,396	\$2,458,431
Adult and Aging Services <sup>3</sup>	13,064,233	14,145,038	14,882,842
<b>Subtotal Department of Family Services</b>	<b>\$15,582,306</b>	<b>\$16,515,434</b>	<b>\$17,341,273</b>
<b>Health Department</b>			
Long-Term Care Developmental Services	\$2,755,365	\$3,629,633	\$0
<b>Fire and Rescue Department</b>			
Senior Safety Programs	\$66,800	\$72,776	\$75,445
<b>Subtotal - General Fund</b>	<b>\$48,986,070</b>	<b>\$57,362,039</b>	<b>\$71,285,421</b>

## County Funded Programs for Older Adults<sup>1</sup>

Name and Description of Service	FY 2021 Actual	FY 2022 Revised Budget Plan	FY 2023 Advertised Budget Plan
<b>Fund 50000, Federal-State Grant Fund<sup>4</sup></b>			
Community-Based Social Services <sup>5</sup>	\$1,531,450	\$922,172	\$1,340,774
Ombudsman	348,501	371,586	340,513
Homemaker/Fee for Service	213,166	459,500	326,420
Congregate Meals <sup>5</sup>	611,603	4,719,781	1,572,878
Home-Delivered Meals <sup>5</sup>	2,336,458	2,572,689	1,914,252
Care-Coordination	468,032	607,349	464,835
Family Caregiver <sup>5</sup>	564,799	759,349	551,935
Respite Care	75,209	7,819	54,550
Adult Protective Services - COVID-19 Relief <sup>5</sup>	0	79,251	0
<b>Subtotal Fund 50000</b>	<b>\$6,149,218</b>	<b>\$10,499,496</b>	<b>\$6,566,157</b>
<b>Fund 40040, Community Services Board</b>			
Countywide Older Adults and Families Program	\$1,683,794	\$1,700,632	\$1,717,639
<b>Fund 10030, Contributory Fund</b>			
Birmingham Green Adult Care Residence	\$2,867,392	\$2,849,012	\$3,039,229
<b>Fund 40330, Elderly Housing Programs</b>			
Little River Glen and Lincolnia Center <sup>6</sup>	\$3,233,208	\$2,480,942	\$0
<b>Fund 30000, Metro Operations and Construction</b>			
MetroAccess	\$20,187,546	\$19,774,429	\$21,203,727
<b>Fund 60030, Technology Infrastructure Services</b>			
Computer Labs	\$342,578	\$352,718	\$356,281
<b>Subtotal - General Fund Supported</b>	<b>\$34,463,736</b>	<b>\$37,657,229</b>	<b>\$32,883,033</b>
<b>TOTAL SERVICES FOR OLDER ADULTS</b>	<b>\$83,449,806</b>	<b>\$95,019,268</b>	<b>\$104,168,454</b>

<sup>1</sup> This analysis reflects only those services included in General Fund and General Fund Supported agencies and does not include services supported by non-General Fund or non-appropriated funds, such as rent relief provided through Fund 81100, Fairfax County Rental Program, or recreational activities provided by Fund 40050, Reston Community Center. Likewise, this analysis does not include capital projects funded in prior years, such as senior centers or adult day health care facilities. Capital expenses vary significantly from year to year and one year's data cannot serve as a proxy for "average" capital expenditures in a particular service area.

<sup>2</sup> In FY 2021, the Seniors on the Go! Taxi Cab Voucher Program transitioned to the Transportation Options, Programs, and Services (TOPS) program, which consolidates several subsidized transportation programs administered by NCS into a single program. TOPS is a transportation fare subsidy program for older adults, individuals with disabilities, and low-income residents of Fairfax County.

<sup>3</sup> As part of the FY 2023 Advertised Budget Plan, these services are being transferred from Agency 71, Health Department, to Agency 79, Department of Neighborhood and Community Services, and Agency 67, Department of Family Services, in an effort to more closely align programs and services within the health and human services system.

<sup>4</sup> The FY 2020 funding level represents anticipated funding, actual funding received may be different.

<sup>5</sup> Includes one-time funding received to help address the COVID-19 pandemic.

<sup>6</sup> As part of the [FY 2023 Advertised Budget Plan](#), Fund 40330 Elderly Housing Programs will be consolidated into Agency 38, Department of Housing and Community Development and Fund 81400, FCRHA Asset Management in an effort to consolidate Housing and Community Development funds as a result of the shifting of its property management functions to third-party management.

The following provides a brief description of the programs, as well as utilization data if available, included in the Services for Older Adults table on the previous two pages. For additional information please refer to the specific agency narrative in Volume 1 and Volume 2.

### Department of Neighborhood and Community Services

#### Senior Centers for Active Adults and Support Services for Older Adults

Senior Centers for Active Adults offer opportunities to make friends, stay on the move, and learn new things. Fairfax County residents aged 50 and over may join any of the 14 senior centers sponsored by the Department of Neighborhood and Community Services. Additionally, each center provides a level of inclusive support services assisting older adults with minor cognitive and physical disabilities to actively participate in the day-to-day activities at Senior Centers. These support services provide case management for participants and their families when a member can no longer successfully participate at the centers with reasonable accommodations and requires transition to a higher level of services along the continuum of care.

#### Transportation Options, Programs, and Services (TOPS) Program

In FY 2021, the Seniors on the Go! Taxi Cab Voucher Program transitioned to the Transportation Options, Programs, and Services (TOPS) program, which consolidates several subsidized transportation programs administered by the Department of Neighborhood and Community Services into a single program. TOPS is a transportation fare subsidy program for older adults, individuals with disabilities, and low-income residents of Fairfax County utilizing debit card technology. Eligible participants have expanded options available to them to travel affordably, safely, and independently using a travel method of their choice. These methods include fixed-route buses, Metrorail, Transportation Navigation Companies such as Uber and Lyft as well as taxis. Approximately 84 percent (992 individuals) of all TOPS program participants are 50 years of age and older.

#### Adult Day Health Care

As part of the [FY 2023 Advertised Budget Plan](#), Adult Day Health Care, including the Insight Memory Care Center, are being transferred from Agency 71, Health Department, to Agency 79, Department of Neighborhood and Community Services, in an effort to more closely align programs and services within the health and human services system. The Adult Day Health Care program provides therapeutic recreational activities, supervision, and health care to meet the needs of adults, 18 years and older who have physical and/or cognitive disabilities. Services are provided on a sliding fee scale. The goal is to provide services to 120 older adults in FY 2022 with 97 percent of participants meeting the criteria for institutional level of care, but their participation in the program enables them to continue to live at home in the community. The ADHC Centers closed due to the COVID-19 pandemic on March 13, 2020 and re-opened in September 2021 with COVID-19 mitigation measures implemented to protect its vulnerable participants. This will impact the number of participants served in FY 2022. The Insight Memory Care Center (IMCC) provides specialized day care services for people with Alzheimer's type illnesses as well as respite, support and education for their care giving families.

### Fairfax County Public Library

#### Programs Primarily Used by Older Adults

The Fairfax County Public Library offers several programs and services which, although not limited to the older adult population, are primarily used by older adults. These include the Talking Books Program; Home Delivery Service; book collections maintained at older adult residences, nursing homes, and adult day care center; large print books; outreach and trainings; book clubs; assistive technologies; BiFolkal multi-media memory activity kits; Aging, Disability and Accessibility focused reference collection; Braille Awareness kits; and self- help groups for adults who are coping with vision loss.

### Department of Tax Administration

#### Tax Relief for the Elderly and Disabled

Tax relief is provided to adults 65 and older and disabled persons on a graduated scale depending upon the level of income and net assets, effective January 1, 2022, must not exceed \$90,000 and \$400,000, respectively. The previous limits were \$72,000 and \$340,000. In FY 2021, 6,135 people participated in the program.

### Department of Family Services

#### Adult Protective Services

Adult Protective Services provides mandated investigations of situations of suspected abuse, neglect or exploitation involving older adults age 60+ and incapacitated adults age 18+ as well as case management services to provide protection for at-risk adults in the community and in public and private facilities. In FY 2021, 1,255 investigations were conducted.

#### Adult Services and Aging Services

Adult Services and Aging Services provides case management, including needs assessment, care plans, coordination/authorization of services, and follow-up for adults aged 60 and older and adults aged 18 and older with disabilities. The principal program which positively impacts clients' ability to age in place is the Home-Based Care program. This program provides for contracted in-home bathing, laundry, and light housekeeping services. Some services may have functional and financial eligibility requirements. In FY 2021, a total of 2,928 clients were served across all programs.

It should also be noted that as part of the [FY 2023 Advertised Budget Plan](#), Long-Term Services and Supports (LTSS) Screening services are being transferred from Agency 71, Health Department, to Agency 67, Department of Family Services, in an effort to more closely align programs and services within the health and human services system.

### Health Department

#### Long-Term Care Services

As part of the [FY 2023 Advertised Budget Plan](#), Long-Term Care Services, which includes Adult Day Health Care and LTSS Screening services, are being transferred from Agency 71, Health Department, to Agency 79, Department of Neighborhood and Community Services, and Agency 67, Department of Family Services, in an effort to more closely align programs and services within the health and human services system.

### Fire and Rescue Department

#### Senior Safety Programs

The Fire and Rescue Department offers various older adult safety programs for individuals 55 and older, including Basic Fire Safety, Emergency Preparedness for the Older Adult, Life Safety Education Seniors Program, Caregiver and Staff Training for those who care for older adults, "Smoke Alarm Program" which provides free smoke alarm batteries, and the "File of Life" Program which is an educational program that stresses the importance of maintaining current medication dosages and current physician information. The department plans to reach 10,000 older adults in FY 2023.

### Fund 50000, Federal-State Grant Fund

#### Community-Based Services

Community-Based Services provides services to adults aged 60 and older to enable them to live as independently as possible in the community. This includes assisted transportation, information and referral, telephone reassurance, volunteer home services, insurance counseling, and other related services. In FY 2021, 17,989 callers or persons making email inquiries to the Adult and Aging Division within the Department of Family Services received information and referral services and/or access to the services.

#### Ombudsman

The Ombudsman Program, serving the City of Alexandria and the Counties of Arlington, Fairfax, and Loudoun, improves quality of life for the more than 11,894 residents in 132 nursing and assisted living facilities by educating residents and care providers about patient rights and by resolving complaints against nursing and assisted living facilities, as well as home care agencies, through counseling, negotiation and investigation. More than 30 trained volunteers are part of this program. The program also provides information about long-term care providers and educates the community about long-term care issues. Please note Prince William County is no longer part of this partnership.

#### Homemaker

Homemaker provides services to adults aged 60 and older to enable them to remain in their homes rather than in more restrictive settings. Services are primarily targeted towards those older adults who are frail, isolated, or in economic need. Programs include money management for 53 clients in FY 2021.

#### Congregate Meals

Congregate Meals are provided in 28 congregate meal sites around the County including the County's senior and adult day health care centers, several private senior centers and other sites serving older adults. However, due to the COVID-19 pandemic 24 senior and adult day health care centers were closed most of the year and the program shifted mostly to a home delivery model. In FY 2021, Congregate Meals served 791 participants 217,735 meals.

#### Home-Delivered Meals

Home-Delivered Meals provides meals to frail, homebound, low-income residents aged 60 and older who cannot prepare their own meals. In FY 2021, 372,306 meals were provided to 1,115 older adults and younger adults with disabilities. Meals are delivered through partnerships, volunteers and special vendor delivery.

### **Caregiver Support**

Caregiver Support provides education and support services to caregivers of persons 60 and older, or older adults caring for grandchildren. Services include scholarships for respite care, gap-filling respite and bathing services, assisted transportation (which is also reflected in Community-Based Services), assistance paying for supplies and services, and other activities that contribute to the well-being of older adults and help to relieve caregiver stress. In FY 2021, no clients received services through the Adult Day Health Care respite scholarship due to Adult Day Health Care Centers being closed as a result of the COVID-19 pandemic; however, 63 caregivers received 14,257 hours of respite care, 15 clients were served through bathing services for a total of 1,052 hours, 16 clients were supported through the Discretionary Fund to purchase equipment such as grab bars, and 19 clients received assisted transportation services, taking 454 one-way trips. The Golden Gazette, an aging newsletter, has over 6,900 monthly email subscribers and prints 26,000 copies for mailing.

### **Fund 40040, Fairfax-Falls Church Community Services Board**

#### **Countywide Older Adults and Families Program**

The Older Adults and Families Program of the Fairfax-Falls Church Community Services Board (CSB) provides strengths-based, person-centered, and solution-focused mental health outpatient treatment and case management services for older adults. Services support recovery and independence appropriate to the individual's physical and cognitive abilities and are provided in either an office or community-based setting, as appropriate. To address the unique needs of older adults, services include psychiatric evaluation, medication management, case management and supportive counseling, with linkage to and coordination of services with other community agencies, health care providers and family caregivers. In FY 2021, the program served 663 older adults aged 60 and over for a total of 14,851 service hours.

### **Fund 10030, Contributory Fund**

#### **Northern Virginia Healthcare Center/Birmingham Green Adult Care Residence**

This facility is owned by the counties of Fairfax, Fauquier, Loudoun and Prince William, and the City of Alexandria as tenants in common. During FY 2021, 135 Fairfax County residents were served in the facility (80 in the nursing facility and 55 in assisted living). To be eligible for admission to the nursing and assisted living facilities, older adults and adults with disabilities must meet income, resource, and functional requirements. The Department of Family Services' Self Sufficiency Division accepts and processes applications for Medicaid and auxiliary grants, and the Department of Family Services' Adult and Aging Division assesses for functional eligibility.

### **Fund 40330, Elderly Housing Programs**

#### **Little River Glen and Lincolnia Center**

The Department of Housing and Community Development provides services related to the County's support of the operation of two locally-funded elderly housing developments, Little River Glen and Lincolnia Center Residences, which are owned or leased by the Fairfax County Redevelopment and Housing Authority (FCRHA). The programs 198 available units/beds in the two facilities support clients who are 62 and older and also meet income requirements. It should be noted that as part of the FY 2023 Advertised Budget Plan, Fund 40330 Elderly Housing Programs will be consolidated into Agency 38, Department of Housing and Community Development and Fund 81400, FCRHA Asset Management in an effort to consolidate Housing and Community Development funds as a result of the shifting of its property management functions to third-party management.

### **Fund 30000, Metro Operations and Construction**

#### **MetroAccess**

MetroAccess is a door-to-door paratransit service for people with disabilities who are not able to use fixed-route forms (bus and rail) of public transportation due to functional limitations that relate to their disability. MetroAccess provided approximately 105,012 completed stops for Fairfax County residents in FY 2021. This is a significant drop in ridership compared with prior years primarily attributable to the COVID-19 pandemic. An estimated 63 percent of MetroAccess customers residing in Fairfax County are over age 55.

### **Fund 60030, Technology Infrastructure Services**

#### **Computer Labs**

The Department of Information Technology supports computer labs at libraries and recreation/senior centers that are used by citizens, many of whom are older adults.