

Anticipating the Future

Fairfax
50+

Fairfax County Board of Supervisors'
50+ Committee

**2010 Action Plan Updates &
Department Initiatives**

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** Denotes Former Commission Member*

A. Plan Now for a More Aging Friendly Community Tomorrow

COA Member: Tena Bluhm

(Focus is community planning such as development of Tyson's or Merrifield. Includes revitalization focused on older communities in our County)

| Initiative / Contact |
|---|
| <p>A.1 Adopt county planning and development guidelines that ensure integration of key elements of community design for all ages. (access to a full range of options for transportation, services, recreation, health care, technology and housing)</p> <p>The Office of Revitalization has two revitalization areas which have had studies to update and amend the comprehensive Plan for their areas - Springfield and Lake Anne area of Reston. Two more are moving forward for Board of Supervisor consideration this July - Annandale and Bailey's Crossroads. In addition, a new plan for Tysons Corner is moving forward for BOS consideration in June. The Office of Revitalization will be preparing Urban Design Guidelines for Tysons Corner, which should be completed this fall or early winter.</p> <p>The words 'Universal Design' were not used in the Tysons Comp Plan. However, the plan incorporated a sentence referring to the community design principles of livable communities: "The design of the pedestrian realm should create a safe and high quality pedestrian experience for all users.</p> |
| <p>A.2. Provide technical assistance and incentives to individuals and developers to promote use of these guidelines.</p> <p>No activity in 2010.</p> |
| <p>A.3. Identify and remove county restrictions that may inhibit use of the guidelines.</p> <p>No activity in 2010.</p> |
| <p>A.4. Implement Smart Design Task Force' Universal Design Recommendation</p> <p>Architects and engineers need guidelines in order to construct County buildings to universal design standards. Universal Design of public building enables staff and residents of all physical abilities to participate.</p> <p>No activity in 2010.</p> |

A. 5. Human Services Resource Guide – Your vital link to accessing senior focused resources and services in Fairfax County

To increase access to senior services and resources available through the HSRG. The HSRG serves as a vital link to information, services, and resources available in Fairfax County.

No activity in 2010.

A.6. Outreach and Education.

To ensure that any information imparted, or symposium sponsored, will incorporate at least one aspect of aging to allow for the education and broadening of the awareness of staff and older residents in our community.

No activity in 2010.

A.7. Budget Document in Large Print and Budget Fact Sheet Highlighting Senior Issues.

Increased access to budget information and about government services.

Audio/Video Presentation of the Budget Highlighting Senior Issues.

Budget Presentations to Seniors.

No activity in 2010.

B. Provide Housing Options for Every Age

COA Member: *Lin Wagner

(Focuses heavily on adopting universal design and “visitability” principles in the private and publicly funded housing being built in Fairfax County).

| Initiative / Contact |
|--|
| <p><i>50+ recommendation)</i></p> <p>B.1. Promote universal design for residents, through county sponsored community educational opportunities, events, and on-line resources, available in English and other languages.</p> <p>B.2. Promote universal design for architects and builders, through county sponsored community educational opportunities, events, and on-line resources, available in English and other languages.</p> <p>B.3. Review housing construction requirements to identify and rectify barriers to universal design.</p> <p>The objectives of B.1., B.2. and B.3. require essentially the same basic educational materials and are being combined for evaluation purposes. The Department of Public Works has a major role in managing these objectives.</p> <p>The universal design ombudsman, with consultation from the Building For All Committee, developed a universal design brochure. The brochure is provided to consumers and vendors seeking permits and also is available for dissemination to the public.</p> <p>The following Supervisors have hosted universal design events in their respective districts: Supervisor Gross, Supervisor Herrity, Supervisor Hudgins, Supervisor Smyth.</p> <p>The Office of Public Affairs has agreed to develop a public service announcement promoting the services of the universal design ombudsman.</p> <p>The Building For All Committee universal design website is now live: http://www.fairfaxcounty.gov/universaldesign.</p> |
| <p>B.4. Include in the Board of Supervisors’ legislative agenda, a proposal to amend the Livable Homes Tax Credit ¹ to increase the per capita dollar amount for making homes more accessible.</p> <p>During the 2010 Session, the General Assembly passed a bill requiring the Department for the Aging to develop guidelines on universal design and visitability features to make structures and dwellings accessible for older Virginians and people who develop mobility impairment. The guidelines are also required to be disseminated to the public and posted on the Department’s website. The Board of Supervisors included support of universal design in their legislative package.</p> |

B.5. Lewinsville Expansion Project

The scope of the Lewinsville Expansion was modified to provide initially for development of only the independent living units. Plans have been deferred to expand the senior center, develop space for an Alzheimer's Family Day Care facility and improve the existing the Adult Day Health Care facility, develop an assisted care facility, and provide renovated space for two existing child day care facilities. The Board of Supervisors, as part of the FY 2011 budget deliberations, approved adding this project to the county's five-year Capital Improvement Plan. The Department of Housing and Community Development (HCD) will be developing a financing plan based on the modified scope for the project.

B.6. Renovation of Lincolnia Senior Residences

The Board of Supervisors, as part of the FY 2011 budget deliberations, approved adding this project to the county's five-year Capital Improvement Plan. The Department of Housing and Community Development (HCD) will be developing a financing plan based on the physical needs study that is being conducted.

B.7. Persons with Disabilities and Fair Housing

This initiative will be designed to give persons with disabilities a working knowledge of their rights and responsibilities.

No activity in 2010.

B.8. *Obtaining* commitments to include universal design techniques and practices in new construction through the development review process.

No activity in 2010.

B.9. Implementation of the housing initiatives identified on the 2007 Zoning Ordinance Amendment Work Program

Increased housing options, a number of initiatives.

No activity in 2010.

C. Affordability

COA Member: Dr. Kenneth Malmberg,

(Focus: An aging friendly Fairfax must address affordability of housing programs and services to a segment of the population with limited resources)

| Initiative / Contact |
|---|
| <p>C.1. Expand education on tax relief.</p> <p>Tax Relief Outreach Program</p> <p>The Tax Relief Program for seniors and people with disabilities continues to expand and adapt to the needs of our older population. Staff has intensified its efforts to educate eligible residents about the program through public outreach initiatives. The Outreach campaign starts in January and continues through December. During this time, an outreach team from the Department of Tax Administration (DTA) goes out to a variety of locations to provide on site assistance and educate the public in all aspects of the program. The locations visited include: offices of the members of the Board of Supervisors, Homeowner and Civic Associations, Senior and Assisted Living Centers, places of worship, community meetings and satellite offices of Fairfax County. DTA also advertises the Tax Relief Program via cable television and print advertising and with the assistance of the Office of Public Affairs, newsletters are released to advertise the dates and locations of Tax Relief Workshops. In 2009, DTA assisted 401 applicants during our Outreach field visits. As of August 2010, DTA has assisted 437 applicants during Outreach activities. DTA anticipates additional applicants to file for tax relief in FY2011. Staff will work to accommodate all additional requests for information and process all applications without an increase to the level of permanent staffing and will continue to absorb all additional work and cost associated with the expansion of the program parameters.</p> |
| <p>C.2. Promote the needs of older adults, and of direct care workers, in the county's thrust to address the need for affordable housing.</p> <p>Housing and Community Development (HCD) developed 17 units at Glenwood Mews in Alexandria (Fairfax County) which are being rented through its Magnet Housing program on a priority basis to direct care workers, based on a partnership with INOVA Health Systems to provide affordable housing to nursing students at the nearby campus in Springfield. HCD continues to play a lead role in developing senior housing opportunities. Construction is nearing completion for Olley Glen, a 90-unit affordable independent living senior apartment complex adjacent to Little River Glen in Fairfax. The project was built incorporating universal design to assist seniors as they age in place. HCD also oversees management of two facilities, providing 112 beds of assisted living - 52 at Lincolnia and 60 at Braddock Glen in Fairfax; and is responsible for management of 414 units of senior housing. Overall, the Fairfax County Redevelopment and Housing Authority (FCRHA) owns 3,759 units of housing and administers 3,204 Housing Choice Vouchers. Approximately one-third of all residents in FCRHA-owned housing and participants in the Section 8/Housing Choice Voucher program are elderly and/or disabled.</p> |
| <p>C.3. Provide on-line assessments for older adults to determine basic eligibility for programs to meet their needs.</p> <p>The Request for Service Information form went online in February, 2010. There are now six links to the form on the Fairfax County Older Adults Web pages.</p> |

C.4. Support the development of private affordable assisted living in Fairfax County.

Chesterbrook Residence, which recently received the 2010 Community Partnership Award from the McLean Area Chamber of Commerce, is working to provide affordable assisted living for residents. During the last six months of 2009, when their Care Fund was fully funded with \$1,000,000, Chesterbrook's investment of the Fund earned over \$41,000, a great achievement during a down time in the market. The Care Fund is designed to be available to residents of Chesterbrook who run out of resources to pay the full cost of their care. Residents are required to have sufficient resources to last for 3 years of residency. Since the facility has been open since November 2007, no residents have reached that level of need. However, as part of its mission as a non-profit, Chesterbrook does have 6 residents whose only monthly payment is from the Virginia Auxiliary Grant program, which supplements an individual's income to provide about \$1,200 per month for the full cost of care. In 2009, Chesterbrook provided a total of \$101,888 in subsidies for this purpose. This works out to an average of \$1,415 per month for each individual in this program. That means that Chesterbrook is providing a minimum subsidy of \$1,800 per month out of its own operating funds for Auxiliary Grant recipients .

D. Transportation Options will Ensure Independence

COA Member: Tena Bluhm, Joseph A. Heastie

(Focus: Transportation planning must include a wide range of mobility options and focus on the needs of older adults).

| Initiative / Contact |
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| <p>D.1. Have the multi-departmental Fairfax Transportation Coordinating Committee review recent transportation studies, including the Northern Virginia Transportation Commission's "Meeting the Transportation Needs of Northern Virginia's Seniors," to develop next steps in transportation planning and services.</p> <p>No activity in 2010.</p> |
| <p>D.2. Integrate transportation needs of older adults in all mainstream transportation planning - roads</p> <p>All pedestrian signals have been converted to countdown signals in Fairfax County.</p> |
| <p>D.3. Integrate transportation needs of older adults in all mainstream transportation planning - trails D.4. Integrate transportation needs of older adults in all mainstream transportation planning - sidewalks D.5. Integrate transportation needs of older adults in all mainstream transportation planning - buses D.6. Integrate transportation needs of older adults in all mainstream transportation planning - bus shelters</p> <p>No activity in 2010.</p> |
| <p>D.7. Integrate transportation needs of older adults in all mainstream transportation planning - and in decisions that impact driving (size of signage, etc.).</p> <p>No activity in 2010.</p> |
| <p>D.8. Establish a one-stop transportation information center available online and by phone. The center should provide information on bus, rail, taxi, paratransit, door-to-door assistance, MetroAccess, and volunteer transportation. The center should also be able to make reservations for the various transportation options</p> <p>No activity in 2010.</p> |

D.9. Increase the use of technology (swipe-cards, etc.) to improve the transportation experience for older adults.

No activity in 2010.

D.10. Increase the role of faith communities in providing transportation for older adults.

The Older Adult Task Force of Faith Communities in Action decided to sub-divide into smaller geographic regions. One group is meeting in the old Springfield area and another has begun in Oakton/Vienna. A third is planned for the Franconia area to begin the fall of 2010, with future possibilities in the Fairfax and Fairfax Station areas. Each group focuses on the needs and interests of its member congregations. While none of the groups has launched a transportation initiative, transportation is an issue that many recognize. The Oakton/Vienna group includes the Shepherd Center, which already operates a volunteer transportation program for its members. The group in the Old Springfield area is also interested in the possibility of providing transportation.

D.11. Include public transportation information (closest stop, bus line number) in all public meeting announcements, and location information about public buildings.

No activity in 2010.

D.12. *Fare-Free travel on all CONNECTOR buses*

To enhance the mobility opportunities of the senior population and persons with disabilities by providing the option of using CONNECTOR buses fare-free.

Charges are now in place for both Metro Access and CONNECTOR buses. Now charging for rides.

E. Engaged Older Adults
F.
COA Member: Eileen Duggan

(Focus: Employment and volunteerism)

Initiative / Contact

E.1. Make Fairfax County government a model for recruitment and retention of talented older workers.

The Department of Human Resources has had to calibrate recruitment outreach efforts due to budget cuts; and therefore has been unable to advertise county positions in monthly publications (including most websites) for any of our open positions. However; current recruitment and advertising plan (WashingtonPost.com, CareerBuilders.com, VirginiaDiversity.com and DCJobs.com) allows for a broad audience to link to the county's website to view job postings, which has proven to be quite successful.

Merit New Hires 50+ : 16.5% of all new hires.

Reemployment 50+: 4.6% of all new hires.

New Hires of 50+: 612 or 54.6 % of all new hires, increase of 45% from 2009.

Reemployment of 50+: 651 or 30.6 % of all reemployed, increase of 51% from 2009.

These numbers include both full time and part time merit positions and limited term positions. With the economic downturn, there has been an overall increase in the number of people attending job fairs, and our applicant pool has increased in diversity including "encore" workers.

Know Your Options. Increase workforce and retiree awareness of these benefits for retirement planning and later county employment planning.

The Department of Human Resources has posted instructions for reemployed annuitants (rehiring of retirees) on the County website. The policy is currently listed on the InfoWeb and easily accessible at <http://infoweb.fairfaxcounty.gov/hr/Employ/reemploy.htm> , The Department of Human Resources and OD&T are partnering with the Area Agency on Aging and George Mason University to sponsor a four week pilot course titled "Your Next Chapter - Charting a Course for Retirement." Classes are scheduled to run in May.

E.2 Roundtables & Think Tanks

OP3 developed a Senior Fellows model, based on the Senior Corps of Retired Executives (SCORE) identifying private sector knowledge and expertise to support specific partnership initiatives. Senior Fellows were recruited and contributed more than 500 hours of volunteer time to support Foreclosure Prevention, Financial Literacy, and Broadband Partnerships.

Expanding the senior fellows model, Fairfax County Office of Public Private Partnerships will consult and work with County agencies, Volunteer Fairfax, and professional organizations to identify opportunities for retirees to share their knowledge and experiences to build capacity in the system and to cultivate emerging leaders in public and private sector. OP3 has designated one staff person to serve as Volunteer Resource Coordinator to identify and share resources and opportunities across the County and with the private sector

Related initiative:

Group Mentoring Program

Recruit recently retired Fairfax County personnel to serve as volunteer Mentors in the Group Mentoring Program currently offered to Human Services staff.

No activity in 2010.

E.3. Support initiatives to recruit boomers and older adults into volunteering such as *Ventures in Volunteering*, the recent multi-department recruitment events held at public libraries.

Boomer and Older Adult Volunteer Initiative

Development and implementation of a Boomer and Older Adult Volunteer Action Plan.

Volunteer Solutions will be holding smaller volunteer fairs in each human services region that highlight Volunteer Solutions. Like the Ventures series, these fairs focus on Baby Boomers. The goal is to encourage people to volunteer close to where they live or work. The first one will be held in Reston in August. The second "mini-fair" was held April 13, 2010 in Falls Church at Dar Al Hijrah Mosque.

Volunteer Solutions has set up a Facebook page that it hopes to use to communicate with current volunteers and to attract new ones. The name of the page is Fairfax County Volunteer Solutions.

Volunteer Solutions' outreach efforts have been highly successful. It experienced a 60% increase in requests for services in 2009/2010, and its 2,255 volunteers provided 78,1999 hours of service to older adults and adults with disabilities.

E.4. Encourage intergenerational opportunities in both employment and volunteering.

The Office of Juvenile and Domestic Relations Court encourages and has many volunteers over the age of 50, and this includes the volunteers who provide Spanish interpretation in their facilities, and in the courtroom.

Volunteer Grandparent Program

Actively recruit older citizens to work with the youth both on probation and in our residential facilities.

The Volunteer Grandparent Program is on hold because of lack of funding. Implementation of the program requires the court to hire a part time staff as administrator and overseer. 58.7% of the court's current volunteers are over the age of 55, with the average age of 71. Volunteers interview clients and families, act as interpreters, court aides, etc. Advertising is done through the Golden Gazette as well as Volunteer Fairfax.

E.5. Expand communication about opportunities to learn and contribute in the community and build an infrastructure to enable older adults to make meaningful voluntary contributions to their community.

A. The Department of Human Resources and OD&T are partnering with the Area Agency and Aging, the Neighborhood and Community Services (DNCS) and George Mason University to sponsor a four week pilot course titled "Your Next Chapter - Charting a Course for Retirement." Classes are scheduled to run in May. The Department of Community and Recreation Services contracted with George Mason University to design and implement this program. Additional classes offerings will be provided in FY 2011.

B. Center Without Walls

The Senior Services Division of DNCS worked with other human service agencies, community-based organizations, and residents to establish the Center Without Walls. The guidelines for this initiative are based on Fairfax County's emphasis on public/private partnerships, building the community capacity to address neighborhood issues, prevention, and community engagement. The initial target area for this senior center without walls is the West Springfield and Burke areas which are generally within the Springfield and Braddock Magisterial Districts.

Outcomes:

- Over 20 different community based organization have joined the Center Without Walls Network
- Five community-based organizations provide free facility space for programs to operate
- Volunteer building directors were recruited for all of the five 2010 Spring Offerings
- Two community-based organizations funded two Center Without Walls Class Offerings:
- Over 120 Fairfax County residents have taken classes with the Center Without Walls with 53% of the participants coming from the targeted communities.

C. Volunteer Building Director Program

Senior Services Division of DNCS continues to expand its volunteer building director. In FY 2010, an additional two locations implemented the volunteer building director program. The volunteer building director program is a community engagement program that allows organizations and individuals to access senior service facilities during non-core hours. A representative from the organization or individual gets trained by senior services staff to serve as the building director.

Outcomes:

- Maximization during non-core hours
- Five senior centers implementing the volunteer building director program
- Over 10 different organizations enrolled in the volunteer building director program

Over 10 individuals trained as volunteer building directors

E. 6. Neighborhood College for Seniors.

To educate older adults about Fairfax County government and the opportunities for their involvement.

DSMHS Region 4 and Region 2 offices have been working closely with Supervisor Cook to support his Braddock Community Engagement Initiative which he launched last fall. Although, it is not specifically target to the 50+ population, many of the participants have been in that age range. We had 85 participants in total. In January, we conducted a one day Leadership Institute for residents of the Braddock District and then two subsequent Neighborhood Colleges and an alumni event for all. We are in the process of conducting a survey with this group to identify what kinds of actions/projects they have instituted in their neighborhoods after they have completed these sessions. More details are available at this link.

<http://www.fairfaxcounty.gov/braddock/communityengagement/>

E.7. Livable Neighborhood Water Stewardship Program trained volunteer leaders are needed for Fairfax County's new Livable Neighborhood Water Stewardship Program in the Storm water Planning Division. The purpose of this initiative is to tap the talents and skills of residents, including older adults.

Developed by the Empowerment Institute, with sponsorship from Arlington County, the City of Alexandria, the City of Falls Church, Virginia Department of Conservation and Recreation, the National Fish and Wildlife Foundation, and several northern Virginia-based non-profits, the Livable Neighborhood Water Stewardship program promotes volunteer efforts to create quantifiable behavior change for the benefit of local water resources. The program trains resident team leaders to invite and lead their neighbors in adopting behaviors that reduce water consumption, reduce stormwater volume and reduce pollution. Several teams have completed the series in Fairfax County.

F. Diversity

COA Member: Anita Kapper

(All department initiative original submissions include references to outreach to cultural minorities. Available for review.)

| Initiative / Contact |
|---|
| <p data-bbox="170 438 1957 495">F.1. Tap the perspectives and talents of our culturally diverse older population as an integral part of all community planning, service development, and service delivery.</p> <p data-bbox="170 527 1957 682">The Fairfax Area Agency on Aging continues to work with community-based organizations that have joined our pilot Chinese Community Ambassador Program in 2008. In 2009, we expanded this program to be all inclusive of all ethnic communities, calling it the "Community Ambassador Program" with informal membership from local community-based organizations that serve the Chinese, Vietnamese, Korean, and Muslim communities in Fairfax County. We have begun to also recruit bilingual (Spanish) speaking volunteers to the program at the Spring 2010 bilingual volunteer orientation training.</p> <p data-bbox="170 698 1957 755">We participate in these organization's activities and events, taking the opportunity to promote county programs and services and connecting organizations with each other to help expand and leverage resources.</p> |
| <p data-bbox="170 820 1957 876">F.2. Increase availability of culturally appropriate services for older adults through public/private partnerships and support of non-profit initiatives.</p> <p data-bbox="170 925 1957 998">The Area Agency on Aging has continued to tap into the resources of our bilingual volunteers to provide culturally appropriate service delivery as mentioned in the update in section F.1.</p> <p data-bbox="170 1015 1957 1079">We continue to serve the Korean and Vietnamese community through the bilingual information lines. Currently, both call centers are housed in the Area Agency on Aging office. In 2009, we served at least 360 clients through both bilingual information lines.</p> <p data-bbox="170 1096 1957 1218">In December 2009, at least 10 community-based organizations from the Chinese, Korean, and Vietnamese communities collaborated with 4 different county agencies under the coordination of the Multicultural Outreach and Program Coordinator (now called the Multicultural and Community Planner) to offer a Health and Safety Resource Fair. Despite the first snow of the season, over 200 people were in attendance. Nearly 50 families were served for the CHCN open enrollment and 20 individuals for the Medicare Part D open enrollment.</p> <p data-bbox="170 1234 1957 1266">We are also continuing to rely on ethnic media such as television and newspapers to provide educational information to the communities we serve.</p> <p data-bbox="170 1282 1957 1339">Through the Census Complete-Count Committee we are making contacts with community-based organizations that serve Hispanic communities among other ethnic communities that have not yet joined the Community Ambassador Program.</p> |

F.3. Create a non-profit grant writing service that employs skilled older adult volunteers as grant writers for community non-profits. This would enable the organizations that serve older adults, and that have staff for whom English is not their first language, to expand services by more effectively competing for grant funding.

The Grants Center, housed in the Fairfax County Government Center has reopened. Efforts are currently underway to coordinate a volunteer Grant Writers Circle and provide initial support for nonprofit organizations working with the County to serve the ethnically diverse population in Fairfax County, specifically targeted are organizations for whom English is not their first language.

A short course in proposal writing found at <http://foundationcenter.org/getstarted/tutorials/shortcourse/> . It is available in English, French, Chinese, Portuguese, Russian, and Spanish. The intricacies of County regulations and registration for grants in the name of the County are on the infoweb at http://infoweb.fairfaxcounty.gov/finance/documents/PM0602_2009.pdf

The basics of grant writing can also be learned either from Susan Larson in the County Library's Grants and Funding Research Center directly or through the tutorials which are self-paced and available on the Foundation Center website.

See also E-6

F.4. Increase opportunities for members of our diverse community to learn English.

Aside from the 8 local non-profit programs (whose initiatives include a component of English for Speakers of other Languages as part of their overall provision of services) funded by the Consolidated Community Funding Pool FY 2009, Fairfax Area Agency on Aging and Community and Recreation Services (now called Neighborhood and Community Services) have been working with non-profit organizations to bring an English as a Second Language citizenship classes to Senior Centers.

Currently, 45 faith communities in Fairfax County provide English classes to persons with no or limited English-speaking abilities. These classes are available for any age.

**F.5. Multicultural Senior Outreach
Educate and address the needs of our diverse older adult population. Translation of Tenants and Landlord Brochure, Tenant Resource Sheet, and Consumer Affairs Tips for County residents.**

The Consumer Affairs Branch of the Department of Cable and Consumer Services provided several outreach presentations to senior groups, published volunteer information in the *Informed Consumer* e-Newsletter, and currently has online at the DCCS web page, Spanish translation of the Tenant/Landlord Brochure and Tenant Resource Sheet.

G. Caregivers

(Focus is on supporting caregivers so they can keep giving.)

COA Member: Julie Bloom-Ellis

| Initiative / Contact |
|--|
| <p>G.1. Develop more respite for caregivers of older adults and adults with disabilities, making it a continuum of available, accessible and affordable options for our diverse community. Increase the number of respite workers to meet these growing needs.</p> <p>The Fairfax Family Caregiver Support Program has developed a publication that identifies currently available respite services for local caregivers and the eligibility for each. To find it on the Web go to www.fairfaxcounty.gov/dfs/olderadultservices/ and select the Publications link.</p> <p>An Evening Activity Program to increase respite opportunities for caregivers was added through an agreement with the Alzheimer's Family Day Center (AFDC). Current participants in Fairfax County's Adult Day Health Care program are eligible for a once-monthly evening program held at AFDC. A small fee is charged for the program, but scholarships are available.</p> <p>Increase and promote caregiver training and support services.</p> <p>The Fairfax Family Caregiver Support Program has partnered with Fairfax County Public Schools, Adult and Community Education Division, to provide personal care training to family caregivers. The 3-class course which was taught by a nurse practitioner has been provided in the fall and spring sessions at a local high school. The program was expanded to two sessions in spring 2010.</p> <p>The Fairfax Family Caregiver Support Program began offering a telephone support group for family caregivers in October 2009. A telephone support group provides family caregivers access to support from the convenience of their homes through a toll-free telephone conference. The monthly telephone support groups offers caregivers the opportunity for sharing, information, and support, and to connect with others who are going through a similar experience. A Korean telephone support group was initiated in February 2010 and will be held on a quarterly basis. Telephone support groups in other languages are under consideration.</p> <p>The Fairfax Family Caregiver Support Program currently provides caregiver-related trainings in the fall and spring at various locations throughout the county. Videoconferencing technology is also being used to increase access to caregiver trainings.</p> |
| <p>G.2. Increase caregiver awareness of technology that can enhance care and reduce stress (assistive technology, monitoring, and more).</p> <p>No activity in 2010.</p> |

G.3. Caregiver Support for County Employees

Provide resources and information for County employees who have caregiving responsibilities.

The Fairfax Family Caregiver Support Program helps meet the needs of county employees who have elderly relatives for whom they may provide some type of caregiving or support in the following ways:

- presents a series of free seminars for caregivers each spring and fall
- publishes a monthly electronic newsletter "Caregivers Corner Online"
- supplies monthly caregiver articles in the "Golden Gazette" newspaper
- provides information on caregiver-related events to Newslink

All programs of the Fairfax Family Caregiver Support Program are available to County employees.

G.4. Volunteer Respite Program

A Volunteer Respite Program has been developed to provide more respite opportunities for family caregivers. Recruitment of volunteers and participants began in July 2010. A volunteer training is planned for early October followed by immediate implementation of the program. Volunteers will provide in-home intermittent respite for eligible clients at no cost during daytime, evening or weekend hours, depending on the needs of individual caregivers.

G. 5. Caregiver Consultation Program

A Caregiver Consultation program was implemented in July 2010. The program addresses the need of caregivers for relevant immediate information that is specific to their individual caregiving situation. Individual family caregivers are offered a one time no fee consultation with an ElderLink care manager in person, as an office appointment, or over the telephone.

H. Technology

COA Member: Joe Heastie

(Focus is to use technology to enhance the lives of older adults – health, recreation, etc – by taking actions that will make it available)

| Initiative / Contact |
|---|
| <p>H.1. Promote technology options by creating an information technology template for community planners, new home builders, and renovators. No activity in 2010.</p> |
| <p>H.2. Incorporate technology and include private health monitoring as service options in county senior housing projects.</p> <p>The Department of Information Technology staff met with representatives from Housing and Community Redevelopment to explore what could be done to put technology in the hands of residents of County owned or managed senior residential facilities. The Department of Housing and Community Development will explore the possibility of incorporating technology in existing senior residential facilities scheduled for rehabilitation over the next five years or so. The Department of Housing and Community Development agreed to include the Department of Information Technology in upcoming meetings on the topic.</p> |
| <p>H.3. Increase consumer knowledge about products and services designed to increase and promote independence. Increase opportunities to learn about these by inviting vendors to display products at county fairs, technology fairs, and other county events.</p> <p><i>“Seniors and Technology” Briefing</i></p> <p>No 2010 activity.</p> |
| <p>H.4. Increase the percentage of older adults who are comfortable with technology through training and promotion.</p> <p>Technology and Computer Access: The Department of Neighborhood and Community Services offers public access to computers at all of its 13 centers. Additionally, all 13 centers provide computer instruction and support for older adults. Each center offers at least 4 sessions per year (8 weeks long in computer instruction).</p> <p>DNCS continues to purchase adaptive equipment and supplies for the computers that enables older adults with disabilities to access computer programs. All 13 Senior Centers provide special presentations on the utilization of adaptive devices.</p> |

Specific Computer and Technology Instruction:

DNCS provides beginner, intermediate, and advanced instruction in the following: PowerPoint, Access, Excel, Senior Navigator, Internet, E-mail. Expanded computer and technology instruction this past year to include IPOD training, Facebook training, Twitter training, and IPHONE training.

H. 5. Podcasting.

The Office of Public Affairs has begun producing Slidecasts (found on the podcast page: <http://www.fairfaxcounty.gov/podcasts/>). Slidecasts are essentially PowerPoint slide shows with narration. They produce a specific PowerPoint to accompany the podcast audio. They produced the slide shows for both the Health and Safety podcast and the News to Use podcast. It is intended to supplement the audio, but would also be valuable to residents with hearing difficulty/loss since the same information is transmitted through the slide show.

J. Health/Mental Health

COA Member: Sally Hottle grandmere644@aol.com, 703-644-0641

| Initiative / Contact |
|---|
| <p>J.1. Increase recruitment and training of direct support professionals through innovative partnerships in the community.</p> <p>The Korean Community Senior Center and Grace Ministries are partnering with Fairfax Nursing Home and Fairfax County to offer a Certified Nursing Assistant (CNA) course. This class is targeting persons who have completed the Personal Care Assistant (PCA) course.</p> <p>The Workforce Committee of the Long Term Care Coordinating Council's most recent activities focus on recognition and retention of direct support professionals. On July 13th, the Board of Supervisors proclaimed September 2009 as Direct Support Professionals Appreciation month. At the July 13th Board of Supervisors' meeting, direct support professionals were recognized in front of the Board. In September 2009, each of the Board members gave a copy of the proclamation to a community partner, county service provider, or in one situation, an individual providing home care services.</p> <p>The Adult and Aging Division of the Department of Family Services partners with the Skill Source Center in its targeted efforts to recruit and match direct support professionals with jobs, find them supportive services enabling them to retain their jobs, and help them determine education and training plans.</p> |
| <p>J.2. Increase recruitment and training of mental health direct service professionals through innovative partnerships in the community.</p> <p>The Older adult staff has successfully integrated with Adult Services outpatient teams. The referral process for older adult services will be redesigned to allow for a centralized referral process that will expedite consumer access to referral, linking and rapid response consultation and support.</p> <p>The Older Adults team has recruited and hired a full time Spanish speaking therapist to serve first generation Spanish speaking elderly with mental health and or co-occurring issues.</p> <p>The Older Adults staff provides education, consultation and training to internal mental health staff to increase the knowledge base for staff working with older adults. The Older Adults staff provides consultation and education to local discharge planning staff at community based hospitals that serve older adults. The Older Adults supervisors continue to provide supervision and/or consultation for staff based with our community and county agency partners, Care Network, Department of Housing and Community Development and Senior Plus. One of the older Adults Team supervisor serves on the County's Guardianship Panel and provides consultation to internal CSB staff regarding guardianship. The Senior Plus clinical mental health position has been re-tooled to support increased CSB based clinical services to older adults with mental health and /or co-occurring issues. Eight hours of the senior clinician position remain available for clinical consultation to the Senior Plus program managed by Easter Seals. Ongoing consultation and collaboration with community partners continue to support continuity of care in service provision to older adults.</p> <p>The Older Adult staff is actively participating in the focus group process facilitated by the LTCC SoAmI subcommittee to provided feedback on mental health and substance abuse service needs for older adults as part of the needs assessment project designed to capture comprehensive needs for older</p> |

adults in Fairfax county. Geriatric psychiatrist and mental health clinicians will participate in the process with community stakeholders and partners.

The Community Services Board's focus remains provision of recovery oriented, strength based efficient and effective mental health, substance abuse and case management services to older adult individuals that have serious mental illness. Consultation and referral remain a core function of the older adults and families program. The CSB will explore mechanisms to increase community based services by supporting service development by older adult community partners.

J.3. Increase recruitment and training of health and mental health *faculty* through innovative partnerships in the community.

No activity in 2010.

J.4. Develop incentives for direct care workers such as workforce housing.

The Department of Housing and Community Development will explore opportunities to provide incentives and assist direct care workers through its Magnet Housing and Workforce Housing programs, as well as through other Fairfax County Rental program components. Approximately 1070 units have been committed by residential developers to be built as Workforce Housing; however, only a small number of workforce housing units - less than 30 total - are currently under construction due to the recent recession. As the economy continues to recover, it is expected that more workforce housing units (rental and homeownership) will be completed over the next 2 to 3 years.

J.5. Seek full funding by the General Assembly for the geri-psychiatric program in Northern Virginia.

Geropsychiatric Pilot Project

This initiative is to allow elderly Northern Virginians to stay in Northern Virginia when needing psychiatric hospitalization. An intensive specialized geriatric mental health team (comprised of hospital and community based sub-teams) will be developed. This is a regional project.

The geripsychiatric pilot is the Regional Older Adult Facilities Mental Health Support Program. Regional Older Adult Facilities Mental Health Support Program serves No Va residents age 65+ with mental illness or dementia with behavioral concerns and no place in No Va where they can receive intensive geriatric mental health treatment who would otherwise be placed 3 hours away in the state hospital or in a nursing facility where they often cannot be treated and often cannot remain living there. Currently, Regional Older Adult Facilities Mental Health Support Program has had nearly a dozen referrals, is partially staffed, and is waiting contracts with facilities at Regional Older Adult Facilities Mental Health Support Program sites.

The Older Adults Team has partnered with the Regional Older Adult Facilities Mental Health Support Program identifying, referring and advocating for older adults that are on inpatient status in local and State Psychiatric Hospitals. A Community Services Board discharge planner is assigned to the Regional Older Adult Facilities Mental Health Support Program placement committee. This has facilitated increased collaboration and linking with inpatient treatment staff and older adults and their families ready for community placement.

Regional Older Adult Facilities Mental Health Support Program now has contracts with four facilities and is serving clients at the Assisted Living Level of

care and nursing home level of care. Four staff are providing intensive geriatric services. Plans to hire a nurse are in progress. We need to continue to participate in this program to benefit our elderly residents who have been placed in state hospitals or nursing home settings that are often 100+ miles from Northern Virginia, as well as to contribute to the organization and development of the program.

Regional Older Adult Facilities Mental Health Support Program participants are involved in regularly scheduled meetings of the regional geriatric mental health team leaders/supervisors/managers. This meeting includes representatives from each of the local jurisdictions (Alexandria, Arlington, Prince William, Fairfax, and Loudoun), who work to support and promote the mental health needs of the elderly.

J.6. Increase multicultural and multi-lingual mental health staffing to meet the changing needs in our community.

The Fairfax Falls Church Community Services Board has integrated the multicultural program staff into the Adult Community Services Program unit to increase the knowledge base and cultural diversity resources within adult outpatient services. The Fairfax Falls Church Community Services Board continues to increase multicultural staff within the Community Services Board to meet diversity needs county wide. The Older Adult program services has clinical and psychiatrist staff with language capacity in Arabic, Spanish, Italian, French, Serbian, Croatian, Bosnian and American Sign Language.

J.7. Further explore the benefits of electronic medical records.

The Northern Virginia Regional Health Information Organization's (NOVARHIO) Meds-ED/File for Life" pilot is about to be operational beginning at Inova Alexandria Hospital. Northern Virginia Regional Health Information Organization, General Electric and Inova Health System have entered into this project collaboration. NOVARHIO is working with the Fairfax Health Department at Preparedness Fairs in the county and sponsored an educational seminar for providers. Further NOVARHIO will host a Telemedicine and Behavioral Health Seminar this summer connecting federal, state, local and NGO's to move this area of HIT forward. Two Northern Virginia Regional Health Information Organization Board members serve on the Virginia Health Information Technology Committee. Virginia Health Information Technology Committee is focusing initially on three areas: emergency departments (basic demographic data), e-prescribing and broadband. NOVARHIO assisted in the submission

J. 8. Promote the benefits of recreation and continuing education for physical and mental health, increase affordable options, increase partnerships with community groups such as ElderHostel, and promote both public and private options.

Easter Seals contracted to run Senior+ program:

Department of Neighborhood and Community Services contracted with Easter Seals to implement the Senior+ program at seven centers.

Increase partnerships with Community Based Organizations that promote the benefits of recreation and continuing education for physical and mental health.

DNCS has developed the following partnerships: Arthritis Foundation, Dominion Power, Literacy Council of Northern Virginia, American Heart Association, AARP Safe Driving, CVS, Fairfax County Cooperative Extension, George Mason University (nursing program), Marymount

University (nursing program) and INOVA. DNCS also worked with Easter Seals to provide mental health screenings at all 13 centers on as needed basis.

J. 9. Build on the aging related recommendations of the recently released “Governor’s Health Reform Commission report, Roadmap for Virginia’s Health”

The Northern Virginia Aging Network has included in their 2011 Legislative Platform a recommendation to the General Assembly: “Ensure that Governor’s Commission on Government Reform and Restructuring protects and promotes quality services for older adults and people with disabilities.”

J.10. Build on the aging related recommendations of the county’s Long Term Care Task Force report.

The Senior Ministries committee of Faith Communities in Action decided to sub-divide into smaller geographic regions. One group is meeting in the old Springfield area and another has begun in Oakton/Vienna. A third is planned for the Burke area, with future possibilities in the Reston/Herndon area and the Route 1 Corridor. Each group focuses on the needs and interests of its member congregations. In the coming year, the Task Force Steering Committee hopes to host a county-wide workshop on developing congregational Older Adult Ministry Plans, using an instrument designed specifically for faith communities by the Wesley Theological Seminary in Washington, D.C.

J.11 Public/Private Partnership for Peer Counselors for the Aging with Mental Illness.

The Community Services Board is committed to developing resources with community partners and will explore opportunities to support development and growth in the area of Older Adult Services. The CSB is partnering with the Community Health Network to increase registration for eligible individuals and to provide on site primary care supports at three of the Community Mental Health Centers managed by the CSB. This increased resource provides services to older adults with mental health issues that have difficulty linking with primary care services.

**J.12. PACE (Program of All Inclusive Care of the Elderly)
For older adults needing comprehensive medical and social services to remain in the community.**

The Inova Health System feasibility study has been completed, and Inova has tentatively decided to move forward with a PACE model. They are just now in the early planning stages. Ultimately, Inova will need to prepare an application to the State, followed by an application to the federal Medicare/Medicaid agency, before a PACE program can actually open.

J.13. Long Term Care (LTC) Quality Assurance (QA) Program

A quality assurance program for county-owned long term care facilities specifically assisted living facilities.

The Fairfax County Health Department has implemented a comprehensive quality assurance program at both the Braddock Glen and Lincolnian Assisted Living Facilities. The Quality Assurance Council meets monthly at each site to monitor and implement continuous quality improvements under the leadership of the Long Term Care Quality Assurance Coordinator. A representative from each department attends the Quality Assurance Council meetings. Ongoing oversight and technical assistance is provided by the Long Term Care Quality Assurance Coordinator at both facilities.

J.14. Community Health Assessment

The Fairfax County Health Department is currently engaged in a comprehensive strategic planning and community health improvement process known as MAPP (Mobilizing for Action through Planning and Partnership). MAPP was developed through collaboration with the Centers for Disease Control and Prevention and the National Association of County and City Health Officials (NACCHO). One key component of MAPP is that it focuses on the entire local public health system (LPHS), including all public, private and voluntary entities, as well as individuals and informal associations that contribute to community health. Having the full spectrum of community participation in the MAPP process, through the coalition, leads to better framing of the issues, more creative solutions, community ownership, credibility and sustainability over time. In FY 2010, the Partnership for a Healthier Fairfax had 85 members representing 69 stakeholder groups. This was achieved through community education and outreach by the Health Department's MAPP Core Support Team, Partnership Co-Chairs, and coalition members in effort to garner additional community involvement. In mid FY2010, the first official "Partnership for a Healthier Fairfax Coalition" meeting was chaired by community leaders Julie Knight and Lavern Chatman. The Coalition identified a shared vision and common values for the coalition. In FY 2011, three subcommittees of the Partnership for a Healthier Fairfax (Forces of Change, Community Themes and Strengths, and Community Health Status), are scheduled to complete a comprehensive community health assessment. In late FY 2011 and FY 2012, the Partnership will identify strategic issues and develop goals and strategies to address those issues, forming a community health improvement plan.

The Fairfax County Health Department has begun a comprehensive strategic planning and community health improvement process known as Mobilizing for Action through Planning and Partnership or MAPP. MAPP was developed through collaboration with the Centers for Disease Control and Prevention and the National Association of County and City Health Officials (NACCHO). On February 4, 2010, the Health Department held its first official "Partnership for a Healthier Fairfax Coalition" meeting and discussed a shared vision and common values for the coalition. The coalition is led by two community leaders Julie Knight and Lavern Chatman and comprises over 60 different individuals from across Fairfax, with broad representation from the entire public health system. The Health Department and public health community completed the first of the four MAPP Assessments in Nov. 2009 (the Local Public Health System Assessment: that measures the capacity and performance of the local public health system). The Coalition will reconvene on May 20, 2010 to work on the remaining three assessments including: Community Themes and Strengths Assessment, Forces of Changes Assessment and Community Health Assessment.

J. 15. Service Assessment of Gaps in Mental Health and Substance Abuse Needs of Older Adults.

The Services for Older Adults with Mental Illnesses Subcommittee (SoAml) of the Long Term Care Coordinating Council Services for Seniors Committee conducted focus groups to gain insight into the service needs of adults fifty and older living with mental illnesses and chemical dependency. The four sessions were completed April 22, 2010. The forty-one focus group respondents included a mix of the following: 1) Adults fifty and older living with mental disorders, 2) care givers of adults fifty and older living with mental disorders, 3) mental health advocates, 4) individuals who work with and/or for programs that serve adults fifty and older living with mental disorders, and 5) academicians who specialize in geriatric services.

The SoAml Subcommittee members are currently working to distil the large amount of data collected through the focus group process and to prepare a summary of the focus group data. Basic themes from the four focus groups include the following:

- o The need for awareness activities and education for individuals with mental disabilities, the community at large, service providers, law officers, and the medical community about service needs of adults with mental disabilities living in our community and resources available for them;
- o The need for outreach/cross disability communication;
- o The need for a holistic, integrated approach to service delivery; and
- o The need to expand and enhance existing services.

J.16. Create a Board of Supervisors sponsored countywide health promotion program for people of retirement age.

Note: The Department of Neighborhood and Community Services does not currently have a Fairfax County Board of Supervisors sponsored countywide health promotion program for people of retirement age.

COMPLETED.

Cardiovascular Fitness Programs

Department of Neighborhood and Community Services offers the following health and wellness classes by certified professionals:

- o Tai Chi
- o Jazzercise Lite
- o Strength and Balance
- o Yoga
- o Stretch fit
- o Line Dance
- o Chi Gong

Health Education: Department of Neighborhood and Community Services partners with other agencies to offer the following:

DNCS in partnership with Maxim annually offers flu education and shots at all 13 senior centers.

DNCS in partnership with AAA provides seminars on Medicare D at all 13 centers.

DNCS in partnership with Office of Emergency Management provided seminars on emergency preparedness.

DNCS annually hosts a community health fair at all 13 senior centers.

DNCS in collaboration with the Area Agency on Aging, Fairfax County Public Schools, and Fairfax County Cooperative Extension provide nutrition classes and support.

K. Safety and Security

COA Member: * Jack Fritz

Initiative / Contact

K.1. Increase education about consumer fraud tactics and what older adults need to know to avoid and report these scams.

COMPLETED.

Consumer Affairs provides education outreach on consumer fraud tactics aimed at older adults. Seminars on a variety of consumer topics are available for presentation at community and senior centers.

Seniors & Law Enforcement Together councils have been formed, revitalizing TRIAD. The focus of the new councils is to enhance law enforcement's response to crime-related issues experienced or feared by older residents. Councils are based in local police districts and police plan a training component to the councils to help new members understand the police dept and its function in the community.

Consumer Affairs provided a *Home Improvement* and *Consumer Affairs Overview* presentation at the Hollin Hall Senior Center.

Consumer Affairs provided a *How to Recognize a Scam* presentation to the Chesterbrook Residence group 65+.

Consumer Affairs provided twelve *Identity Theft Presentations* (Minimize the Risk, Financial Crimes, Cope & Recover) at various locations with Osher Lifelong Learning Institute

Consumer Affairs provided four *Credit Report: How to Defend against Identity Theft Presentations* at various locations with Osher Lifelong Learning Institute.

Consumer Affairs provided a *Consumer Affairs Overview* presentation to Fairfax Triad/Sully Station.

Consumer Affairs provided an *Identity Theft* presentation to Franconia District SALT Council.

Consumer Affairs provided an *Identity Theft* presentation to Country Club View Civic Association.

Consumer Affairs provided two presentations *How to Recognize a Scam* and *Identity Theft* to The Woodlands in Fairfax.

Consumer Affairs provided a *How to Hire a Contractor* presentation to the Universal Design Workshop and Fairfax Lyon's Club.

Consumer Affairs provided a *How to Recognize a Scam* presentation to the Daughters of the American Revolution.

K.2. Support an ongoing promotion of Fairfax County’s emergency preparedness efforts for special populations, including older adults. These initiatives include emergency communication, transportation and sheltering plans.

Addressing the Needs of Special Populations during Emergencies

COMPLETED.

A training DVD for the medical shelter plan has been developed and is available as a means for registration.

OEM began the process of developing their “Pre-Disaster Recovery Plan,” and a representative from the Fairfax Commission on Aging has been asked to participate on our “Focus Group” discussions regarding the Plan.

Social Registry

COMPLETED.

K.3. Build upon the Fire and Rescue’s “Every Step of the Way Seniors Life Safety Education Program.”

Every Step of the Way Seniors Life Safety Education Program (Expand)

To seek out, raise awareness, and educate seniors, who with the young are our most vulnerable, high-risk populations. “Every Step of the Way” Program, established in 1991, educates seniors on fire safety, injury from falls, and the File of Life.

No activity in 2010.

K.4. Senior Law Day

Facilitate public presentation in the Board Auditorium of a program that focuses on various aspects of elder law.

The County Attorney’s Office has been in contact with the Senior Lawyers Conference of the Virginia State Bar, TRIAD and the Seniors & Law Enforcement Together to identify appropriate topics, written materials, community organizations and businesses who may be potential partners to support and publicize the presentation, and presenters for the event. Staff has also discussed populations to target for the presentation and a strategy to encourage their attendance. The County Attorney’s Office will continue to work with the Senior Lawyers Conference of the Virginia State Bar, TRIAD, and the Seniors & Law Enforcement Together to coordinate the event, secure qualified presenters, and plan effective publicity to promote attendance by people in the target population. The County Attorney’s Office may reach out to community organizations and businesses who may be potential partners to support and publicize the presentation.

K.5. Community Awareness Program to address the issue of elder abuse.

No activity in 2010.

To educate the staff and the volunteers about the issue of elder abuse. All staff will be trained in how to spot potential elder abuse, and how to confront, and report suspected elder abuse.

K.6. Mandatory Training of all sworn Personnel on the topic of “Law Enforcement and the Elderly”

To ensure that all sworn employees have the most up-to-date information concerning issues surrounding older adults. This will allow them to provide assistance or make the correct referral if necessary.

The Fairfax County Police Department has laid the groundwork for a Financial Abuse Specialty Team (FAST). FAST aims to combine multiple government entities under one umbrella to combat the financial exploitation of older adults. They have actively been investigating cases involving elder financial abuse in Fairfax, Arlington, Vienna, and Montgomery County MD. A bill has been crafted which will be presented to the VA General Assembly dealing specifically with Financial Exploitation of Elder Persons and Vulnerable Adults.

K.7. Education and Prevention Campaign.

To provide information to the community, specifically older adults, on how to protect against being a victim as well as information on available resources. Presentations by Crime Prevention Officers and the printing and distribution of pamphlets. (Printed material will be provided in English and the top five languages used by Fairfax County population.

Crime Prevention Officers are putting material together, emphasizing older adult topics. These officers are available to make presentations to interested groups, such as senior centers, churches, condo and home owner associations, etc. In 2010, Crime prevention officers held 54 presentations with 963 seniors present.

K.8. Public Information Office Media Campaign.

Public services announcements (both radio and television), seek media attention/interviews that highlight older adult issues. Non-English broadcast media will be utilized as well. To include information on Department programs such as Auxiliary Police Officer program, Volunteers In Police Service (VIPS), Citizens Advisory Council (CAC), Neighborhood Watch and TRIAD.

COMPLETED.

This initiative is on going and the Police Department's Public Information Office continually contributes to publications and media outlets. S.A.L.T. Councils have been established at all eight district stations.

K.9. Concentrating Legal Education on Elder Abuse and Neglect.

To educate the five attorneys in our Office who handle on an exclusive basis the abuse and neglect cases in the Fairfax County Juvenile and Domestic Relations Court on behalf of the Department of Family Services on the special needs of the elderly in abuse and neglect situations.

COMPLETED.

This has been accomplished and several Continuing Legal Education courses on elder abuse were taken by the attorneys who handle the Department of Family Services cases.

Five county attorneys concentrate on elder abuse and neglect of individuals, including the elderly. As part of these attorneys' mandatory Continuing Legal Education requirements, courses on elder abuse and neglect will be encouraged.

K.10. Education and Outreach - The Danger of Subprime Loans.

The agency intends to offer seminars across the County about the subprime loan products and the dangers involved in using them. In some jurisdictions, unscrupulous brokers target older persons to try and sell them subprime loan products.

No activity in 2010.

K.11. Highway Advisory Radio.

Public awareness of emergency information.

COMPLETED.

The county's Office of Public Affairs continues to provide regular emergency preparedness programming on 1670 AM, emergency radio for Fairfax County. A mixture of audio messages are rotated 24/7, including Public Service Announcements from the Centers for Disease Control and Prevention, the Ad Council (preparedness PSA's) and local information. In addition, scripts and audio from the county's "Health and Safety" podcast are also incorporated into the programming. On certain occasions during a severe thunderstorm warning or other weather related event, programming has been changed to specifically focus on the weather event to include the forecast, threat information, etc. 1670 AM, emergency radio for Fairfax County, broadcasts on 11 signals throughout the county and broadcasts messages 24-hours-a-day.

K. 12. Offer a fall prevention program to help seniors maintain and improve their mobility and independence.

FallProof

Park Authority staff has been trained and facilities equipped to deliver the comprehensive fall prevention program "FallProof." This is community-

based balance and mobility training program for older adults. Staff received certification as balance and mobility specialists. Research shows that exercise programs that focus on improving balance and gait as well as other risk factors associated with heightened fall risk provide the most effective results in reducing falls. The Program started in the spring of 2008. Since that time, there have been 150 participants in the program. Classes are limited to 8 participants per class.

Since 2008, 34 FallProof classes have been offered throughout the county. FallProof is unique small group instruction to access and address the needs of seniors who experience problems with balance. The first year the Park Authority concentrated on the delivery of the FallProof curriculum to a target population. In the second year FallProof instructors began identifying a need to expand the program's successful strategies and techniques to a wider and more active senior audience at a lower cost. Development of "Balance and Beyond" classes using advance FallProof techniques were planned in 2009. Workshops and programs promoting senior exercise classes and balance training were delivered to senior groups. In 2010 "Balance and Beyond" classes will be introduced at three RECenters using advanced FallProof strategies and serving a wider audience.

K. 13. Fair Housing Training

Agency developed Fair Housing Training for Seniors and those working with seniors that staff is available to present.

Staff conducted fair housing training at a local retirement community which addressed reasonable accommodations and modifications, and other fair housing related issues of concern to staff working with seniors in retirement/assisted living communities.

The agency continues to have the video, "Fair Housing for Seniors and Persons with Disabilities" available for viewing on the agency's website. It is also available on Channel 16 via video streaming.

L. Service Capacity

COA Member: Julie Bloom-Ellis

| Initiative / Contact |
|---|
| <p>L.1. Increase availability of seed grants through corporate partnerships for the development of needed services by non-profits or small businesses.</p> <p>Life Circle Alliances is the new name of CareFaxLTC, chosen by the Board of Directors to better showcase the mission and purpose of the non-profit agency in supporting community partners in long term care. Life Circle Alliances will soon be announcing the availability of matching funding to its partners from the Verdia Haywood Incentive Fund, recently established by retiring Deputy County Executive Verdia Haywood and the Life Circle Alliances Board to honor Mr. Haywood's over 30 year career in human services with the county.</p> |
| <p>L.2. Explore and promote appropriate community networking projects the Village concept of care coordination by neighborhood organizations such as the Beacon Hill Village or Capitol Hill project).</p> <p>County staff continue to encourage the development of "villages" and age-in-place initiatives throughout Fairfax County. Three programs are already operating and others are in various stages of planning and development. The paragraphs below provide descriptions and updates.</p> <p><u>Reston:</u> A community-wide age-in-place/village model planning effort is underway in Reston and surrounding areas in the Hunter Mill District. A county employee (Long Term Care Program Developer, Health Department) is assisting Supervisor Hudgins Office, at her request, to facilitate this initiative. A coalition representing 11 community based organizations (CBOs) and 6 interested citizens has been established to lead this initiative. Activities include a community survey of need, a service map, and planning forum to be held in October 2010. The purpose of the forum is to: stimulate energy, educate about existing services, explore a variety of Age In Place models, and recruit volunteers to assist in further development of an Age in Place/Village initiative in the region.</p> <p><u>Mount Vernon</u> Modeled on the successful Beacon Hill Village, pioneers in the fast growing, grassroots village movement, Mount Vernon at Home (MVAH) now has 104 members: 73 member households, representing 22 area communities, and has hired an executive director. They have recently added what they are calling "Membership Plus" for those that cannot meet the \$550 per person or \$800 per household annual membership fee.</p> <p><u>Clifton-Fairfax Station</u> On July 1, 2010, the Clifton Fairfax Station Transition In Place Services (CFS-TIPS) launched its first three services: transportation, household services (light cleaning, yard work and simple repairs) and short term companion/friendly visiting for its members. They have seventeen active members and an all volunteer staff consisting of an Executive Director, Member Services Manager and Volunteer Coordinator. Membership fees are \$75 individual and \$150 household. They offer a reduced membership of \$50 for older adults who only wish to participate in social activities. Before launching CFS-TIPS, a small community survey was conducted and various models were explored to determine what worked best for their</p> |

community. The CFS-TIPS board of directors is considering whether to integrate the "time bank" volunteer model into their organization.

Mosby Woods, City of Fairfax

The County *Re-Inventing your Neighborhood* symposium held in 2008, was the catalyst for a new village in the Mosby Woods neighborhood in the City of Fairfax, called Mosby Woods Village. It is an intergenerational, all volunteer model with no fees. They offer rides to and from medical appointments and for shopping. A part-time volunteer takes calls on a dedicated cell phone and schedules rides. A list of preferred service providers has been established for plumbers, electricians, roofers, and car repair services with plans to add yard work, computer help and snow shoveling to the list.

L. 3. TV Programs to Educate Older Adults About Resources

The Area Agency on Aging works with Mature Living (formerly, Senior Times) to produce a television show every quarter. Recently, they have been working on the following projects:

1. a program that provides an overview of older adult services;
2. a program on steps to take to remain independent in your own home, and
3. a project to convert former Senior Time programs into 3-5 minute short versions to post on YouTube with links posted on our video webpage at <http://www.fairfaxcounty.gov/dfs/olderadultservices/video.htm>.

Status: The first two programs are in production. Re the third: we now have several short versions with links posted to our video page. We will request more and, henceforth, will always request a short version for YouTube.

Since 2008, the Area Agency on Aging has been working with Vietnamese American Television (VATV), a non-profit organization, to promote county programs and service information that benefit older adults, adults with disabilities, and caregivers.

- 15 VATV shows aired featuring Fairfax County programs or services for older adults, adults with disabilities, and/or caregivers
- 2 [Chinese] "Washington My Home..." programs discussing Adult & Aging services and ADHC (Health Department staffs was interviewed)
- 2 Vietnamese Public Television programs discussing Adult & Aging services and Pandemic Flu (Health Department staffs were interviewed)

Each show was 15-minutes long. Programs were provided in the Vietnamese language with interpreters for English speaking guests. They also had a few programs in Chinese and another Vietnamese local cable talk show produced by other community-based non-profit organizations.

Contact: Fairfax County AAA, Grace Lynch, Grace.Lynch@fairfaxoucnty.gov, 324-5277

L. 4. ADA Program

To make facilities accessible to all, including older adults with special needs.

No activity in 2010.

L. 5. The Department of Family Services Division of Adult and Aging Services and Fairfax Area Agency on Aging will develop communication capacity to increase access to county older adult services.

1. The division adopted an older adults communication strategy. Goals are: people will find services, people will be exposed to prevention messages and people will have community engagement opportunities. Baseline metrics were collected in the first quarter of calendar year 2010.
2. Developed a revised easy-to-navigate webpage suite at www.fairfaxcounty.gov/dfs/olderadultservices. It consolidates department's webpages on older adult services and promotes the information line.
3. The e-newsletter, Fairfax 50+ E-news, is now being distributed via the county's listserv to better manage the large e-mail list. Content promotes communication goals and covers events and services offered by other county departments including Community and Recreation, Parks and the Health Department.
4. Developed Services for Older Adult flyer and bookmark that promotes the information line and webpage address. The second side of the flyer has translation in six languages. Distribution venues include libraries, senior centers, senior apartments, nonprofit organizations, faith communities and resource fairs.
5. Conducted a Golden Gazette readership survey. Results are at <http://www.fairfaxcounty.gov/dfs/olderadultservices/pdf/gg10/goldengazsurveysummary.pdf>