

Our Partners

Fairfax County Partners:

Department of Family Services
Division of Adult and Aging Services
Fairfax Area Agency on Aging
ElderLink
Fire and Rescue Department
Health Department,
Neighborhood and Community Services
Library Services
Department of Transportation
Department of Housing and Community
Development.

Community Partners:

Virginia Department of Health
Virginia Department for the Aging
Northern Virginia Resource Center for Deaf
and Hard of Hearing Persons
Inova Health System
CVS/pharmacy
Walgreens
RPJ Housing
Alzheimer's Association, National Capital
Area Chapter
Faith-based communities in Fairfax County.



This project is partially funded by a grant from
the Virginia Department of Health.



*"... to ensure a more aging friendly Fairfax
County."*

Fairfax County Board of Supervisors,
October 2007
www.fairfaxcounty.gov/olderadults

Fairfax Area Agency on Aging
Adult and Aging Services

Fairfax County's Independent Living Project

2009 BEST PRACTICES IN EDUCATION AWARD

- Commonwealth Council on Aging

2010 INJURY PREVENTION RECOGNITION

- Virginia Department of Health



*Helping you live in the
home you love.*



Department of Family Services, 12011 Government
Center Parkway, Fairfax, Virginia 22035. To request
reasonable accommodations or this information in an
alternate format, call 703-324-5374, TTY 703-449-1186.

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703-324-7210
703-449-1186, TTY
[www.fairfaxcounty.gov/dfs/
OlderAdultServices](http://www.fairfaxcounty.gov/dfs/OlderAdultServices)

What *The Washington Post* has to say about the Independent Living Project. . .

“. . . With the first baby boomers hitting 65 in three years—and expected to live another 18- Fairfax county officials are taking urgent steps now: They’re helping residents age-proof their homes so they can stay put.” Fredrick Kunkle, *The Washington Post*, January 27, 2008

What our participants have to say . . .

“Thanks so much for being with us at our church last Sunday to share with us your program for helping the elderly.”

“We feel that we know more about the services the county has to offer if we need them.”

“So long as you have these classes, count me in. There is nothing I can do that would give me as much benefit for one hour a week of my time.”

These comments were excerpted from letter of appreciation received by the Independent Living Project.

The Fairfax County Independent Living Project

Our Goal

We help older adults and adults with disabilities stay in their homes and remain independent.

What We Offer

A mix of classes and workshops to help prevent falls, maintain health and fitness, and increase knowledge of services including:

- ◆ Free exercise classes
- ◆ Free workshops on fall prevention, nutrition, brain fitness, etc.
- ◆ Free consultation on medication management
- ◆ Free in-home consultation to identify safety risks

How We Work

We partner with community organizations and faith communities to provide 6-8 weeks of programming and home visits. We tailor programs for each project site. Partner community and faith organizations provide space and assist with promotion.

How to Reach Us

Call us to for information on upcoming

programs throughout Fairfax County.

**Fairfax Area Agency on Aging
Adult and Aging Services
Department of Family Services
703-324-7210
TTY 703-449-1186
www.fairfaxcounty.gov/aaa**

Our Workshops

- ◆ *Fire and Fall Prevention*
- ◆ *Finding Services for Older Adults -Where to Begin*
- ◆ *Knowing the 10 Warning Signs of Dementia*
- ◆ *Your Medications Should Make You Feel Better – Not Worse*
- ◆ *Getting the Most out of Your Next Doctor Visit*
- ◆ *Aging Eyes/Aging Ears*
- ◆ *50+ Nutrition*
- ◆ *Food Safety*
- ◆ *Stroke Prevention*
- ◆ *Legal Issues*
- ◆ *Getting Around in Fairfax*
- ◆ *Flu Prevention*