

Services for Seniors

In 1970, only 3.0 percent, or 13,764, of Fairfax County residents were age 65 or older. By 2003, the size of this demographic group had grown to 8.4 percent of the County's population, or nearly 83,000 individuals. By 2020, it is projected that there will be 138,600 persons age 65 and older living in Fairfax County, representing 11.6 percent of the total population. Given this aging of the population, the County highlights services currently provided to seniors. It should be noted that the figures in the following table do not reflect the cost of all services provided to seniors, as only those services specifically designed for seniors, 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 senior 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 senior population in the County, the increasing trend of seniors 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 seniors 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 (formerly the Departments of Community and Recreation Services and Systems Management for Human Services) have evaluated the continuum of senior services including but not limited to Senior Centers, Senior Plus 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. As a result of this staff work, recurring savings of \$1.27 million and 5/5.0 SYE positions and savings in balances of \$0.23 million have been identified, and the groundwork has been laid for additional recurring efficiencies to be generated in future years. The staff work included a review of the long-term strategic direction of services for older adults and adults with disabilities, including analysis of the profile of current services and recipients, outcomes, current unmet needs and trends, and business efficiencies. This work will continue to ensure the most efficient provision of services in the future. There are six specific recurring reductions identified, including:

- 1) Reducing the cost of providing Senior Plus program services through contract efficiencies and the elimination of two program management positions;
- 2) Savings in congregate meals as a result of careful review of current service levels and alignment to required funding;
- 3) Savings in home-based care as a result of careful review of current service levels and alignment to required funding;
- 4) Redesign of after-hour community use scheduling and monitoring at the Lincolnia Senior Center;
- 5) Savings from service redesign at the six Adult Day Health Care (ADHC) Centers and continued redesign work to eliminate one of the sites in FY 2012 with the goal of placing most current clients at a remaining center (the reduction reflects partial costs for a single site recognizing that some resources and staff will need to be redeployed to the remaining centers); and
- 6) Reducing service options for indigent burial services to mandated levels.

It is important to note that these reductions in funding reduce flexibility so while current service levels will be able to be supported, any increases in clients seeking service in programs like congregate meals or home-based care will not be able to be met by the agencies providing the service. It should be noted that new funding for congregate meals at Olley Glen is included in the FY 2011 budget as it is a new facility. In other instances, staff has undertaken a significant service delivery redesign in order to accommodate the savings. The FY 2012 elimination of one ADHC Center will require considerable outreach in the community and work to identify the most appropriate site for closure and the best way to transition clients to the remaining sites. This work will be undertaken during FY 2010 and FY 2011 as a continuation of the service redesign initiated in FY 2010. The Health Department has achieved other significant savings resulting from the implementation of a cost reduction plan in the ADHC. The plan allowed the program to eliminate 2/2.0 SYE Public Health

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Nurse II positions and to significantly reduce operating costs. Staff will also be continuing the redesign work during the rest of FY 2010 and into FY 2011 as the new model of regional service delivery in the new Department of Neighborhood and Community Services, including for Senior Centers and Senior Plus is rolled out, and as long-term care planning is reviewed for potential efficiencies. In addition, the fees and fee increases approved by the Board for FY 2010 have been put in place and are being reviewed with the intent that as changes need to be made and are approved by the Board, they can be done so in a coordinated manner. It is anticipated that sufficient data will be available by the end of FY 2010 so that staff can provide information to the Board and make further recommendations for fees for services.

The table below and on the following page details the cost of services provided specifically to seniors included in the FY 2011 Advertised Budget Plan. Following the table is a description of the program, as well as utilization data by age if available. In FY 2011, services to seniors total \$71.9 million or 2.2 percent of General Fund Disbursements of \$3.3 billion. Excluding the General Fund Transfer to Fairfax County Public Schools and School Debt Service of \$1.8 billion, spending on services for seniors is approximately 4.7 percent of the remaining General Fund Disbursements.

County Funded Programs for Seniors¹

	FY 2009 Actual	FY 2010 Revised Budget Plan	FY 2011 Advertised Budget Plan
Facilities Management Department			
Lease for the Lorton Senior Center at Gunston Plaza (Operated by the Department of Community and Recreation Services)	\$92,302	\$101,354	\$95,830
Department of Transportation			
<i>Seniors-On-the-Go!</i> Taxi Cab Voucher Program ²	\$417,668	\$774,934	\$81,249
Department of Neighborhood and Community Services³			
Senior Center and Senior Plus Program	\$3,585,299	\$3,873,863	\$3,394,912
Fairfax County Public Library			
Programs Primarily Used by Older Adults	\$295,207	\$265,016	\$211,523
Department of Tax Administration			
Tax Relief for the Elderly and Disabled	\$25,353,293	\$27,217,421	\$27,621,782
Department of Family Services			
Adult Protective Services	\$1,441,456	\$1,491,391	\$1,449,506
Long-Term Care Services	4,371,975	7,569,022	4,805,308
Adult Services	2,662,984	2,410,835	2,518,144
Transportation Services	3,083,020	3,047,933	2,901,256
Subtotal Department of Family Services	\$11,559,435	\$14,519,181	\$11,674,214
Health Department			
Long-Term Care Developmental Services ⁴	\$4,731,993	\$4,150,473	\$3,825,009
Fire and Rescue Department			
Senior Safety Programs ⁵	\$39,433	\$45,157	\$45,157
Subtotal- General Fund	\$46,074,630	\$50,947,399	\$46,949,676

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County Funded Programs for Seniors¹

Name and Description of Service	FY 2009 Actual	FY 2010 Revised Budget Plan	FY 2011 Advertised Budget Plan
Fund 103, Area Agency on Aging			
Community-Based Social Services	\$1,443,561	\$1,928,135	\$1,501,744
Ombudsman	550,497	531,723	470,447
Fee for Service	259,335	375,745	282,782
Congregate Meals	2,293,936	3,732,836	2,746,578
Home-Delivered Meals	1,514,511	2,264,720	1,739,393
Care-Coordination	717,518	919,979	712,532
Caregiver Support	361,779	622,156	370,830
ARRA Funding ⁶	0	135,899	0
Subtotal Fund 103	\$7,141,137	\$10,511,193	\$7,824,306
Fund 106, Community Services Board			
Countywide Older Adults and Families Program	\$1,064,663	\$1,094,319	\$1,022,915
Fund 119, Contributory Fund			
Northern Virginia Healthcare Center/Birmingham	\$1,573,880	\$1,753,315	\$1,847,761
Green Adult Care Residence			
Fund 141, Elderly Housing Programs⁷			
Lewinsville Senior Residence, Little River Glen, and Lincolnia Center	\$3,345,774	\$4,546,796	\$4,186,706
Fund 309, Metro Operations and Construction			
MetroAccess ⁸	\$7,565,419	\$9,163,549	\$9,777,507
Fund 505, Technology Infrastructure Services			
Computer Labs	\$302,724	\$311,036	\$326,588
Subtotal - General Fund Supported	\$20,993,597	\$27,380,208	\$24,985,783
TOTAL SPENDING ON SENIOR PROGRAMS	\$67,068,227	\$78,327,607	\$71,935,459

¹ 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 941, Fairfax County Rental Program, or recreational activities provided by Fund 111, 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.

² The FY 2010 Revised Budget Plan includes one-time encumbered carryover of \$593,685 for FY 2009 contractual obligations not yet billed by year end and for funding set aside for the implementation of a Smartswipe program to replace the voucher payment system. It should be noted that as part of the FY 2011 Advertised Budget Plan, the planned Smartswipe program was eliminated.

³As part of the FY 2011 Advertised Budget Plan, the Department of Community and Recreation Services was consolidated into the new Department of Neighborhood and Community Services. The funding for FY 2010 and before reflects only the Department of Community and Recreation Services.

⁴ Includes the Respite Program and funding for the Alzheimer's Family Day Center.

⁵ The FY 2011 funding level is based on estimated expenditures and actual funding may differ based on available resources including the use of grant funding in Fund 102, Federal/State Grant Fund.

⁶ Funding received as part of the American Recovery and Reinvestment Act of 2009.

⁷ Figures reported reflect total expenditures. The County provides General Fund support for a portion of these expenditures with the remainder being funded by program income.

⁸ FY 2011 funding level is based on fall 2009 information from WMATA indicating the potential need for a 6.7 percent increase in the jurisdictional subsidy. WMATA will adopt its budget in June 2010.

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

Department of Transportation

Seniors on the Go! Taxi Cab Voucher Program

The *Seniors on the Go!* Taxi Cab Voucher Program allows seniors to purchase vouchers that partially subsidize the cost of taxi rides. Vouchers can be used by married couples over 65 with less than \$50,000 in combined income and by single persons over 65 with less than \$40,000 in income. The number of seniors served in FY 2009 is 4,808; it is anticipated that 5,754 seniors will be served in FY 2011. As part of the FY 2010 budget reductions, this program was decreased by transferring more of the cost of taxi coupon vouchers to program users. It should be noted that a planned Smartswipe program was eliminated as part of FY 2011 budget reductions. However, funding to support the current level of participants in this program was not affected.

Department of Neighborhood and Community Services

Senior Center and Senior Plus Program

The Department of Neighborhood and Community Services offers services to individuals aged 55 years and older. Services are primarily offered through the 13 senior centers located throughout the County. The Senior Plus Program provides services for senior adults who require a higher level of assistance to participate in senior activities.

Fairfax County Public Library

Programs Primarily Used by Older Adults

The Fairfax County Public Library offers several programs which, although not limited to the senior population, are heavily used by older adults (those 62 and older). Examples of programs include talking books; home delivery program; book collections maintained at senior residences, nursing homes, and adult day care centers; large print books; and Dimview, a self-help group for adults who are coping with loss of vision.

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, which must not exceed \$72,000 and \$340,000, respectively. In FY 2009, 7,717 people participated in the program.

Department of Family Services

Adult Protective Services

Adult Protective Services provides mandated investigation of abuse, neglect or exploitation of senior adults and adults with disabilities as well as case management services to provide protection for at-risk adults in the community and in public and private facilities. Persons over 60 and persons 18 and older with an incapacitating condition for whom there is a reason to suspect abuse, neglect, or exploitation are eligible for services. In FY 2009, 924 investigations were conducted.

Long-Term Care Services

Long-term care services provides case management and home-based care to adults 18 and older who have disabilities and persons over age 60 with the goal of maximizing independence and enabling persons served to remain in the community rather than moving to a more restrictive level of care. In FY 2009, 2,514 clients were served.

Adult Services

Adult services provides case management, including needs assessment, care plans, coordination/authorization of services, and follow-up for adults age 60 and older and adults age 18 and older with disabilities. Some services also have functional and financial eligibility requirements.

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Transportation Services

FASTRAN provides transportation between seniors' residence and their local senior center and adult day health care facility as well as trips in support of basic living. A fee of \$0.50 is charged for each one-way trip. Seniors 60 and older who are attendees of a senior center or residents of senior housing are eligible for services. In FY 2009, 141,232 one-way trips were provided to 1,045 older adults. In addition, there were 3,943 group trips provided in FY 2009.

Health Department

Adult Day Health Care Program

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 approximately 370 seniors, and that 90 percent of their family care givers will state that their loved one's participation in the program enables them to continue to live at home in the community.

Respite Program

In January 2009, the Respite Program was discontinued due to low participation. The Respite Program provided center-based temporary relief on Saturdays to caregivers and families of adults who required full-time supervision due to physical and/or cognitive disabilities.

Alzheimer Family Day Center

The Alzheimer Family Day Center provides specialized day care services for people with Alzheimer's type illnesses as well as respite, support and education for their care giving families. In FY 2011, approximately 22 caregivers of Fairfax County clients will be able to continue to work and remain self-sufficient in the community. Additionally, in FY 2011, approximately 200 Fairfax family caregivers shall be reached through community outreach, education, support and training.

Fire and Rescue Department

Senior Safety Programs

The Fire and Rescue Department offers various senior 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, "Battery for Life" 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 14,000 seniors in FY 2011.

Fund 103, Area Agency on Aging

Community-Based Services

Community-Based Services provides services to adults age 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 2009, 9,751 older adults were served.

Ombudsman

The Ombudsman Program, serving the City of Alexandria and the counties of Arlington, Fairfax, Loudoun and Prince William, improves quality of life for the more than 10,000 residents in 110 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, mediation and investigation. More than 60 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.

Fee for Service

Fee for Service provides home-based care to adults age 60 and older to enable them to remain in their homes rather than in more restrictive settings. Services are primarily targeted toward those older adults who are frail, isolated, of a minority group, or in economic need. In FY 2009, 121 adults age 60 and over received 9,954 hours of service.

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Congregate Meals

Congregate Meals are provided in 29 congregate meal sites around the County including the County's senior and adult day health centers, several private senior centers and other sites serving older adults such as the Alzheimer's Family Day Center. Congregate Meals are also provided to residents of the five County senior housing complexes. In FY 2009, 244,387 congregate meals were served. More than 2,900 older adults participate in this program.

Home-Delivered Meals

Home-Delivered Meals provides meals to frail, homebound, low-income residents age 60 and older who cannot prepare their own meals. In FY 2009, 216,454 meals were provided to 858 older adults and younger adults with disabilities. Meals are delivered through partnerships with 25 community volunteer organizations that drive 47 delivery routes.

The Nutritional Supplement program targets low-income and minority individuals who are unable to consume sufficient calories from solid food due to chronic disabling conditions, dementia, or terminal illnesses. In FY 2009, the program provided 115,776 nutritional supplement meals to 545 older adults and younger adults with disabilities.

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 senior adults and help to relieve caregiver stress. In FY 2009, 74 clients received services through the Adult Day Health Care respite scholarship, 15 clients through the bathing and respite program, 40 clients through the Discretionary Fund, and 49 clients received assisted transportation services, taking 1,084 one-way trips. A Kinship Care resource guide was produced and over 25,000 readers of the Golden Gazette received caregiver related information through a regular feature, *Caregivers Corner*.

Fund 106, Community Services Board (CSB)

Countywide Older Adults and Families Program

The Older Adult and Families Program of the Falls Church Community Services Board provides specialized services for persons age 60 and older who demonstrate behavioral symptoms consistent with serious mental illness, substance abuse disorder or dementia. The specialty Older Adult staff are integrated into core Adult Outpatient and Case Management Teams at five mental health centers locations (Annandale, Reston, Mt. Vernon, Springfield, Chantilly). Geriatric expertise is being expanded within the broader workforce. This enhanced case management expertise on the larger mental health teams will supplement the resources and interventions available to the older adult population and allow for greater continuity of services. The program served 295 clients for a total of 1,580 service hours in FY 2009.

Fund 119, 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 2009, 148 Fairfax County citizens over the age of 55 were served in the facility (111 in the nursing facility and 37 in assisted living). For the nursing facility, an individual may have no more than \$2,000 in resources and a gross monthly income of no more than \$5,837 to be eligible for Medicaid on admission to this facility. For the assisted living facility, an individual may have no more than \$2,000 in resources and a gross monthly income of no more than \$1,380.

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Fund 141, Elderly Housing Programs

Lewinsville Senior Residence, 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 three locally-funded elderly housing developments, Lewinsville Senior Residence, Little River Glen, and Lincolnia Center, which are owned or leased by the Fairfax County Redevelopment and Housing Authority (FCRHA). The programs' 220 available beds in the three facilities support clients who are 62 and older and also meet income requirements.

Fund 309, 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 213,900 completed stops for Fairfax County residents in FY 2009, 51 percent of whom were over 55.

Fund 505, 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 seniors.