Services for Older Adults

In 1970, only 3.0 percent, or 13,764, of Fairfax County residents were age 65 or older. The 2011 American Community Survey estimated that 112,145 older adults (age 65 and older) were now living in Fairfax County. It is expected that there will be 158,000 by 2030. Given this aging of the population, the County highlights services currently provided to older adults. It should be noted that the figures in the following table do not reflect the cost of all services provided to older adults, as only those services specifically designed for older adults, or those where participation by this population has been tracked or can be reasonably estimated, have been included. There are many general County services that are used extensively by the older adult population, such as Emergency Medical Services and cultural tours, but limited data on actual utilization rates makes it difficult to quantify those costs.

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

The table on the following pages details the cost of services provided specifically to older adults included in the FY 2014 Advertised Budget Plan. Following the table is a description of the programs, as well as utilization data by age if available. In FY 2014, services to older adults total $74.9 million or 2.1 percent of General Fund Disbursements of $3.6 billion. Excluding the General Fund Transfer to Fairfax County Public Schools and School Debt Service of $1.9 billion, spending on services for older adults is approximately 4.4 percent of the remaining General Fund Disbursements.

County Funded Programs for Older Adults[1]

	FY 2012 Actual	FY 2013 Revised Budget Plan	FY 2014 Advertised Budget
Facilities Management Department			
Lease for the Lorton Senior Center at Gunston Plaza (Operated by the Department of Neighborhood and Community Services)	$93,977	$99,702	$103,122
Department of Neighborhood and Community Services			
Senior Center and Senior Plus Program	$3,551,549	$3,662,929	$3,683,648
Seniors-On-the-Go! Taxi Cab Voucher Program	122,833	324,107	314,000
Congregate Meals	461,653	467,423	473,194
Subtotal Department of Neighborhood and Community Services	$4,136,035	$4,454,459	$4,470,842
Fairfax County Public Library			
Programs Primarily Used by Older Adults	$248,155	$285,377	$285,377
Department of Tax Administration			
Tax Relief for the Elderly and Disabled	$25,426,942	$26,832,315	$27,296,480
Department of Family Services			
Adult Protective Services	$1,482,157	$1,666,512	$1,656,757
Adult and Aging Services	10,547,881	13,736,200	11,062,071
Subtotal Department of Family Services	$12,030,038	$15,402,712	$12,718,828
Health Department			
Long-Term Care Developmental Services[2]	$3,430,531	$3,726,972	$3,740,304
Fire and Rescue Department			
Senior Safety Programs[3]	$56,782	$61,918	$63,001
Subtotal - General Fund	**$45,422,460**	**$50,863,455**	**$48,677,954**

Services for Older Adults

County Funded Programs for Older Adults[1]

Name and Description of Service	FY 2012 Actual	FY 2013 Revised Budget Plan	FY 2014 Advertised Budget Plan
Fund 50000, Federal-State Grant Fund			
Community-Based Social Services	$813,528	$1,342,648	$852,206
Ombudsman	546,701	895,389	741,902
Fee for Service	246,469	265,546	250,784
Congregate Meals	1,524,952	3,373,808	1,754,795
Home-Delivered Meals	1,232,987	1,792,207	1,279,880
Care-Coordination	617,945	868,208	724,847
Caregiver Support	226,820	589,884	380,383
ARRA Funding[4]	49,738	14,707	0
Subtotal Fund 50000	$5,259,140	$9,142,397	$5,984,797
Fund 40040, Community Services Board			
Countywide Older Adults and Families Program	$1,025,134	$1,097,533	$1,097,533
Fund 10030, Contributory Fund			
Northern Virginia Healthcare Center/Birmingham Green Adult Care Residence	$2,165,918	$2,497,789	$2,467,960
Fund 40330, Elderly Housing Programs[5]			
Lewinsville Senior Residence, Little River Glen, and Lincolnia Center	$3,998,581	$4,744,434	$3,321,887
Fund 30000, Metro Operations and Construction			
MetroAccess	$12,409,775	$12,424,377	$13,045,596
Fund 60030, Technology Infrastructure Services			
Computer Labs	$311,928	$324,314	$324,314
Subtotal - General Fund Supported	**$25,170,476**	**$30,230,844**	**$26,242,087**
TOTAL SPENDING ON SENIOR PROGRAMS	**$70,592,936**	**$81,094,299**	**$74,920,041**

[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 81100, Fairfax County Rental Program, or recreational activities provided by Fund 40050, Reston Community Center. Likewise, this analysis does not include capital projects funded in prior years, such as senior centers or adult day health care facilities. Capital expenses vary significantly from year to year and one year's data cannot serve as a proxy for "average" capital expenditures in a particular service area.

[2] Includes the Alzheimer's Family Day Center.

[3] The FY 2013 funding level is based on estimated expenditures and actual funding may differ based on available resources including the use of grant funding in Fund 50000, Federal-State Grant Fund.

[4] Funding received as part of the American Recovery and Reinvestment Act of 2009.

[5] 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. The FY 2014 Advertised Budget Plan expenditure decrease is associated with the transfer of 2/2.0 FTE positions to Fund 81000 and a reduction in contract management costs at the Lincolnia facility.

Services for Older Adults

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

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 older adults who require a higher level of assistance to participate in older adult activities.

***Seniors on the Go!* Taxi Cab Voucher Program**

The *Seniors on the Go!* Taxi Cab Voucher Program allows older adults 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. In FY 2012, 183 older adults were newly enrolled in the program. In FY 2013, the program is averaging approximately 13 new consumers per month.

Congregate Meals

Please see Congregate Meals under Fund 50000, Federal-State Grant fund for a description of services provided as this program is funded with General Fund dollars in the Department of Neighborhood and Community Services and grant funding administered by the Department of Family Services.

Fairfax County Public Library

Programs Primarily Used by Older Adults

The Fairfax County Public Library offers several programs which, although not limited to the older adult population, are heavily used by older adults (those 62 and older). Examples of programs include talking books; home delivery program; book collections maintained at older adult 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 2012, 8,009 people participated in the program.

Department of Family Services

Adult Protective Services

Adult Protective Services provides mandated investigations of situations of suspected abuse, neglect or exploitation involving older adults age 60+ and incapacitated adults age 18+ as well as case management services to provide protection for at-risk adults in the community and in public and private facilities. In FY 2012, 1,040 investigations were conducted.

Adult Services and Aging Services

Adult Services and Aging Services provides case management, including needs assessment, care plans, coordination/authorization of services, and follow-up for adults age 60 and older and adults age 18 and older with disabilities. Services may include home-based care and mandated Medicaid preadmission screenings. Some services may have functional and financial eligibility requirements. In FY 2012, 2,580 clients were served. Transportation services are also provided between older adults' residences 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. Older adults 60 and older who are attendees of a senior center, adult day health center, or residents of senior housing are eligible for services. In FY 2012, 120,032 trips were provided.

Health Department

Long-Term Care Developmental Services

Long-Term Care Developmental Services includes both the Adult Day Health Care program and the Alzheimer Family Day Center. 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 300 older adults, and that 90 percent of their family caregivers will state that their loved one's participation in the program enables them to continue to live at home in the community. 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 2013, 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 older adult safety programs for individuals 55 and older, including Basic Fire Safety, Emergency Preparedness for the Older Adult, Life Safety Education Seniors Program, Caregiver and Staff Training for those who care for older adults, "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 10,000 older adults in FY 2013.

Fund 50000, Federal-State Grant Fund

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 2012, 12,843 callers or persons making email inquiries to the Adult and Aging Division within the Department of Family Services received information and referral services and/or access to the services.

Ombudsman

The Ombudsman Program, serving the City of Alexandria and the counties of Arlington, Fairfax, Loudoun and Prince William, improves quality of life for the more than 11,204 residents in 119 nursing and assisted living facilities by educating residents and care providers about patient rights and by resolving complaints against nursing and assisted living facilities, as well as home care agencies, through counseling, negotiation and investigation. More than 62 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.

Congregate Meals
Congregate Meals are provided in 31 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 2012, 253,001 congregate meals were served to 2,309 participants.

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 2012, 184,476 meals were provided to 679 older adults and younger adults with disabilities. Meals are delivered through partnerships with 21 community volunteer organizations that drive 46 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 2012, the program provided 42,662 nutritional supplement meals to 206 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 older adults and help to relieve caregiver stress. In FY 2012, 58 clients received services through the Adult Day Health Care respite scholarship, 11 clients through the bathing and respite program, 50 clients through the Discretionary Fund, and 52 clients received assisted transportation services, taking 1,407 one-way trips. Over 25,000 readers of the Golden Gazette received caregiver related information through a regular feature, *Caregivers Corner*. An online version of Caregivers Corner reached 1,890 subscribers.

Fund 40040, Community Services Board (CSB)

Countywide Older Adults and Families Program
The Older Adult and Families Program of the Fairfax-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 center locations (Annandale, Reston, Mt. Vernon, Springfield, Chantilly). The CSB is currently expanding geriatric expertise 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 266 clients for a total of 1,178 service hours in FY 2012.

Fund 10030, Contributory Fund

Northern Virginia Healthcare Center/Birmingham Green Adult Care Residence

This facility is owned by the counties of Fairfax, Fauquier, Loudoun and Prince William, and the City of Alexandria as tenants in common. During FY 2012, 126 Fairfax County citizens over the age of 55 were served in the facility (92 in the nursing facility and 34 in assisted living). To be eligible for admission to the nursing and assisted living facilities, older adults and adults with disabilities must meet income, resource, and functional requirements. The Department of Family Services' Self Sufficiency Division accepts and processes applications for Medicaid and auxiliary grants, and the Department of Family Services' Adult and Aging Division assesses for functional eligibility.

Fund 40330, Elderly Housing Programs

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 Residences, which are owned or leased by the Fairfax County Redevelopment and Housing Authority (FCRHA). The programs' 220 available units/beds in the three facilities support clients who are 62 and older and also meet income requirements.

Fund 30000, Metro Operations and Construction

MetroAccess

MetroAccess is a door-to-door paratransit service for people with disabilities who are not able to use fixed-route forms (bus and rail) of public transportation due to functional limitations that relate to their disability. MetroAccess provided approximately 255,010 completed stops for Fairfax County residents in FY 2012. An estimated 51 percent of MetroAccess customers residing in Fairfax County are over 55 years old.

Fund 60030, Technology Infrastructure Services

Computer Labs

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