

Anticipating the Future

Fairfax 50+ Plan

A c t i o n

P l a n

2007

Fairfax County Board of Supervisors' Committee on Aging

Each of us, no matter what age, wants to be as independent as possible. We want to live in the home of our choosing and travel easily throughout our community. We want to enjoy the company of friends and family and be valued for what we know and can do. We want opportunities to contribute. When services are needed, we want them to be appropriate, accessible, and affordable.

As we plan our community's future, we must ensure that the needs and talents of those 50+ are considered and included.

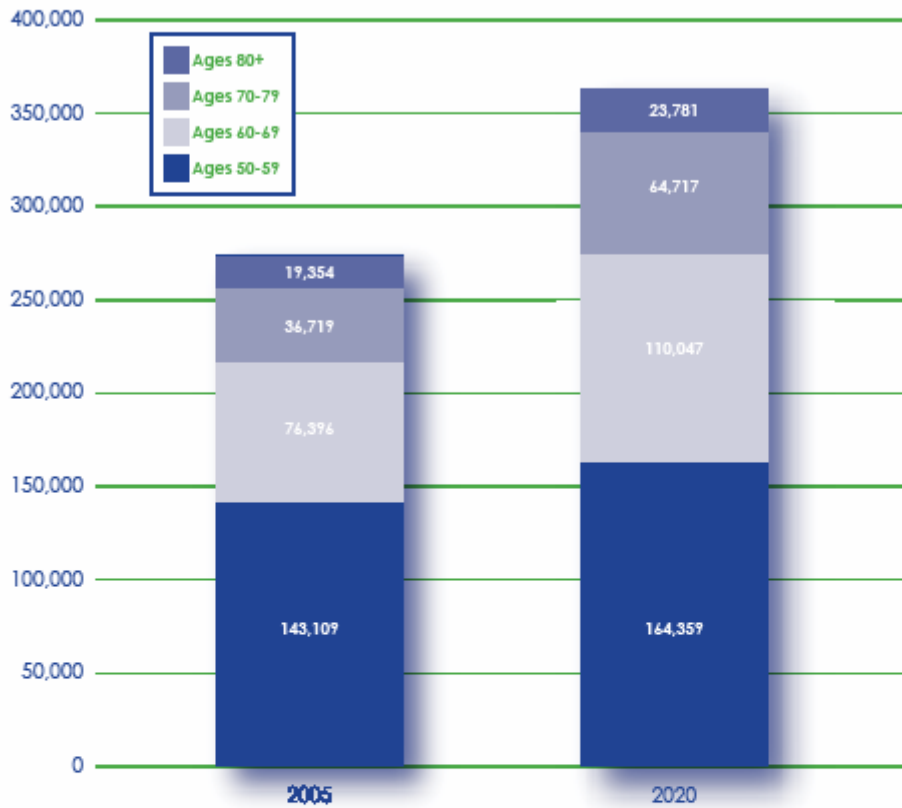
This is *our* future.

Fairfax County Board of Supervisors

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**Anticipating the Future:
Fairfax County Forecast for Ages 50 - 80+**



The expected rate of growth in Fairfax County between 2005 and 2020:

- Age 0 - 19.....11 % increase
- Age 20 - 49.....7 % increase
- Age 50 - 69.....25 % increase
- Age 70 +58 % increase

Plan Now for a More Aging Friendly Community Tomorrow

The communities we plan and build, and those we revitalize, must be livable communities for all ages.¹

Community design affects how we live. Good design provides opportunities to know and help our neighbors and the pleasure to safely walk to grocery stores, service providers, and recreation sites. It gives us transportation options when we cannot or choose not to use our cars. It provides for affordable housing that adapts to our changing needs.² It also facilitates access to technology that enhances our lives and improves our health.³ While older communities are being revitalized, plans for new developments are underway and more are expected.^{4 5} This presents Fairfax County opportunities to create livable communities for all ages.

ACTIONS:

- Create and revitalize communities that enable us to live independently as we age. Apply lessons from the basic Reston design concept, and from other best practices nationwide, that integrate discreet community planning elements including access to a full range of options for transportation, services, recreation, health care, technology and housing.
- Adopt county planning and development guidelines that ensure integration of key elements of community design for all ages. Provide technical assistance and incentives to individuals and developers to promote use of these guidelines. Identify and remove county restrictions that may inhibit use of the guidelines.

Provide Housing Options for Every Age

Universal design concepts will ensure that our housing meets the needs of every age and can easily be adapted.⁶

Much of the housing in our community is Peter Pan housing – built as though we'll never grow old. New design concepts address the reality that housing must be accessible to both visitors and occupants. Visitability design enables all people to enter a home and access the first floor gathering places and bathroom without barriers such as steps and narrow doorways⁷ Universal design⁸ takes accessibility further, with designs that adapt to the changing needs of current and future occupants. Visitability and universal design benefit families of all ages, including older adults adjusting to mobility limitations, and boomers wanting to bring aging parents to live with them. Using universal design and visitability design is usually less expensive and less disruptive than retrofitting later.⁹ The Fairfax County Redevelopment and Housing Authority has adopted universal design for their future buildings.

ACTIONS:

- Promote universal design through county sponsored community educational opportunities, events, and on-line resources, available in English and other languages, for residents, architects and builders.
- Review housing construction requirements to identify and rectify barriers to universal design.
- Provide educational tool kits for building permit applicants and designate a county universal design information specialist to assist residents.
- Include in the Board of Supervisors' legislative agenda, a proposal to amend the Livable Homes Tax Credit¹⁰ to increase the per capita dollar amount for making homes more accessible.

Affordability

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

Currently there are thousands of older adults in Fairfax County living below the 2007 poverty level of \$10,210 for one person and \$13,690 for two.¹¹ But the basic cost of living in our community is much higher than the national estimates. Increases in median household income for Fairfax County householders age 65 and older have not kept pace with younger households. Over half of current older renters and one in five older homeowners spend more than 30 percent of their income on housing.¹²

Older homeowners, living in older homes, frequently are faced with major repair and upkeep expenses, such as new roofs and heating/cooling systems.¹³ Older women in Northern Virginia are twice as likely as older men to live alone.¹⁴ Fewer older adults in Fairfax County are expected to have guaranteed pensions.¹⁵ Older adults, who have not participated in Social Security or federal employment, often have no safety net. In addition, the younger women and men providing direct care services for older adults are often priced out of the housing market as well.¹⁶

ACTIONS:

- Expand education on tax relief.
- Investigate and provide consumer information to older adults on the option of reverse mortgages.
- Promote the needs of older adults, and of direct care workers, in the county's thrust to address the need for affordable housing.
- Provide on-line assessments for older adults to determine basic eligibility for programs to meet their needs
- Support the development of private affordable assisted living in Fairfax County.

Transportation Options will Ensure Independence

Transportation planning must include a wide range of mobility options and focus on the needs of older adults.¹⁷

Transportation is what happens between your front door and your destination - sidewalks and trails, cars and cabs, buses and bus stops combined. Transportation planning has focused on moving the greatest number of employees to and from work via roads and public transport but our changing demographics require broadening this focus to include the needs of older adults. Transportation issues include driver education and pedestrian safety. Many older people rely on specialty transportation services that have limited capacity, can be less reliable, and are more expensive. Unless we integrate the needs of older adults into mainstream transportation and community planning, there will be even greater reliance on specialty transportation services.

Most of us rely on cars - we are a car centered culture. Unfortunately, the average man will have 6 years when he can no longer drive and the average woman will have 10 years.¹⁸ "The loss of driving ability dramatically impacts the lifestyle of [older adults] by reducing independence and accessibility to services, and eventually may result in isolation from the rest of society."¹⁹ Family members²⁰ and their employers²¹ are affected when older people rely on family for medical and other appointments.

ACTIONS:

- Integrate transportation needs of older adults in all mainstream transportation planning - roads, trails, sidewalks, buses, bus shelters, and in decisions that impact driving (size of signage, etc.).
- 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.²²
- Increase the use of technology (swipe-cards, etc.) to improve the transportation experience for older adults.

- 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.
- Make summary information available at Board of Supervisor offices, libraries and other community sites with materials on transportation options available to older adults in our community.
- Increase the role of faith communities in providing transportation for older adults.
- Host education seminars to promote familiarity with and use of our transportation systems.
- Include public transportation information (closest stop, bus line number) in all public meeting announcements, and location information about public buildings.

Engaged Older Adults Benefit Us All

Fulfilling opportunities for engagement will ensure a vibrant community.

The growing number of older adults means the growth of a significant pool of talent in our community – as employees, entrepreneurs, volunteers, and community activists.

The job growth in Fairfax County is expected to out-pace labor force growth during the next two decades. Within Fairfax County government, almost one in four employees will be eligible to retire within the next five years.²³ Many boomers plan to continue working.²⁴ Many are interested in non-traditional work arrangements such as part-time work with benefits, project work rather than permanent employment, and greater flexibility for pursuing other interests. Some are interested in becoming entrepreneurs.²⁵

Volunteers are essential to many county programs and service organizations. While more volunteers are clearly needed, it is not yet evident whether boomers will be as willing to volunteer as the older adults who preceded them. Recruitment and retention of boomers may require new approaches, more options for time commitments, benefits and incentives, and new and challenging opportunities.

ACTIONS:

- Make Fairfax County government a model for recruitment and retention of talented older workers.
- 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.
- Encourage intergenerational opportunities in both employment and volunteering.
- Expand communication about opportunities to learn and contribute in the community.
- Promote community leadership training for older adults and encourage incubator support for retirees interested in starting small businesses that address unmet community needs.
- Ensure full participation of older adults in decision-making initiatives for the full range of community planning activities such as transportation, housing, and community revitalization.

Diversity

Build on strengths of our diverse population to enhance the cultural richness of our community and services. ²⁶

If trends continue through 2010, approximately 45 percent of the county's population will be racial and ethnic minorities and 39 percent may speak a language other than English at home. The percentage of ethnic and cultural minorities among the county's older adults is less than the general population but will increase as the boomers grow older. People of language or cultural minorities are dispersed throughout Fairfax County. ²⁷ The percentage of older adults speaking a language other than English at home doubled between 1980 and 2000 and continues to grow. ²⁸ There can be significant challenges for older adults isolated by language and/or culture. They often face loneliness and depression, ²⁹ often are unaware of opportunities and services³⁰ and sometimes find services culturally inappropriate or difficult to access.³¹ Some of our older residents are dealing with the effects of war and torture in other lands. ³² Older adults from diverse cultures, and the generations that follow, bring significant strengths to our community.

ACTIONS:

- Tap the perspectives and talents of our culturally diverse older population as an integral part of all community planning, service development, and service delivery.
- Increase availability of culturally appropriate services for older adults through public/private partnerships and support of non-profit initiatives.
- 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.
- Increase opportunities for members of our diverse community to learn English.

Caregivers

Support caregivers so they can keep giving.

Family members, many of whom are part of the sandwich generation, caring for both young and old, provide the greatest amount of care giving to the elderly.³³ The average American woman can expect to spend 17 years caring for a child and 18 years caring for an elderly parent. Often, older people are the caregivers for their elderly spouses. Nearly one out of four U.S. households (23 percent or 22.4 million households) contains at least one caregiver for a relative or friend at least 50 years old.³⁴ If the work of unpaid family caregivers was replaced by paid home care providers, it would cost an estimated \$196 billion dollars.³⁵ Two additional caregiver issues in Fairfax County are grandparents raising grandchildren (kincare)³⁶ and aging parents caring for adult children with developmental disabilities. Family care giving often has a major impact on the finances, health and well-being of the caregiver.³⁷

ACTIONS:

- 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.
- Increase and promote caregiver training and support services.
- Increase caregiver awareness of technology that can enhance care and reduce stress (assistive technology, monitoring, and more).

Technology

Technology savvy boomers are coming and they're carrying IPods.

Fairfax County is one of the country's preeminent high-tech centers. "Researchers and marketers are developing everything from simple gadgets to complex computer systems to ease boomers into old age.³⁸ A boomer turns 50 every seven seconds.³⁹ December 31, 2064 the last of these boomers will turn 100 – and many will! Their familiarity and comfort with technology will likely affect their expectations and opportunities to improve health and mobility, delay service needs, and stay connected. It will also impact what services are needed and how they are delivered.

ACTIONS:

- Promote technology options by creating an information technology template for community planners, new home builders, and renovators.
- Incorporate technology and include private health monitoring as service options in county senior housing projects
- 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.
- Increase the percentage of older adults who are comfortable with technology through training and promotion.

Health/Mental Health ⁴⁰

Our health care and mental health care systems must keep pace with the aging of our population.

Incidence of disability among older adults doubles every five years after the age of 65. ⁴¹ More than a third of adults 65 and older fall each year. Twenty to 30 percent of fall victims suffer moderate to severe injuries. ⁴² Alzheimer's disease afflicts one in eight adults age 65 and over and almost half of adults over age 85. ⁴³ The incidence of mental health needs is increasing in older adults. By 2030, nearly one in five persons over 65 will have a diagnosable psychiatric disorder. ⁴⁴ Today, our regional State psychiatric hospital does not admit people over age 65 and nursing homes are reluctant to accept older adults who also have mental health needs. A regional geri-psychiatric model that includes stabilizing people in the community, increasing outreach, and purchasing inpatient beds in Northern Virginia has been developed and is now partly funded by the State. "While most older men have a spouse for assistance, especially when health fails, most older women do not. In fact, older women will have no relatives or family members to provide support or assistance, given that the 85-and-older cohorts in the upcoming two decades will have fewer children than any previous cohort of elderly." ⁴⁵ Staffing shortages in both health and mental health care, from professionals to direct care workers in facilities and at home - are acute. The shortage of workers is magnified by the shortage of medical faculty to train new workers. ⁴⁶

ACTIONS:

- Increase recruitment and training of health and mental health direct service workers and faculty members through innovative partnerships in the community.
- Develop incentives such as workforce housing.
- Seek full funding by the General Assembly for the geri-psychiatric program in Northern Virginia.
- Increase multicultural and multi-lingual health and mental health staffing to meet the changing needs in our community.
- Further explore the benefits of electronic medical records.
- Advocate for improved staffing levels in assisted living to enhance care and to reduce staff turnover.

- Promote the benefits of recreation and continuing education for physical and mental health, increase affordable options, and build partnerships with community groups such as ElderHostel, and promote both public and private options.
- Build on the aging related recommendations of the recently released “Governor’s Health Reform Commission report, Roadmap for Virginia’s Health”⁴⁷ and the county’s Long Term Care Task Force report.⁴⁸

Safety and Security ⁴⁹

Increasing consumer fraud targeted at older adults, the devastating impact of emergency situations on our most vulnerable residents, and the loss of life due to fires are frequent topics in the media and in our own homes. Between the years of 2002 and 2004, “adults age 65 and older have accounted for 37 percent of the fire deaths in Fairfax County but compromise only 8 percent of the total population”. ⁵⁰

Actions:

- Increase education about consumer fraud tactics and what older adults need to know to avoid and report these scams.
- 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.
- Build upon the Fire and Rescue’s *“Every Step of the Way Seniors Life Safety Education Program.”*

Service Capacity

Planning is crucial to support the increased demand for specialized services for older adults.

Fairfax County and its partners in the community have developed a strong range of streamlined services to meet the growing needs of older adults.⁵¹ Nevertheless, many services are at or nearing capacity. Even though we take better care of ourselves, take care of our loved ones, and find private options, it is anticipated that the increasing numbers of older adults will strain the community safety net. Currently Fairfax County spends less than 2 percent of its budget on specialized services for seniors (4.2 percent if school funding is excluded).⁵² Of the \$10.7 million in funds awarded by the Consolidated Community Funding Pool awarded in 2007, about \$144,000 was targeted specifically to services for seniors.⁵³ Of the \$300,000 in the Fairfax County Incentive Fund, about half of the funds are for senior focused services. The \$500,000 Care Fund, not yet awarded, will be used to leverage funding for affordable assisted living. A number of Beacon Hill Village type programs (neighborhood groups developing service networks to make life easier and increase the independence of their residents) are being developed throughout the county. We will be learning from these.⁵⁴

Fairfax County's approach to services is consistent with the goals of the landmark federal Older American's Act to keep older adults as independent as possible through good community planning and community involvement. In the spirit of this act, we strive to enhance the lives of our residents (not the reduce the need for services); support informal caregivers of older adults through information, education, and respite care; identify, encourage, and incentivize the development of needed services within the community; and develop those services not otherwise available.

ACTIONS:

- Increase availability of seed grants through corporate partnerships for the development of needed services by non-profits or small businesses.
- Explore and promote appropriate community networking projects.

A Sampling of Current County Activities and Plans

Responding to a request from the Board of Supervisors' Aging Committee, County departments developed a list of more than 60 initiatives planned to address the changing demographic of an increasing older adult population.

They include: programs welcoming or targeted for older adult and boomer volunteers, expanded respite options and caregiver support; multicultural outreach, a Senior Law Day, emergency planning initiatives; expanded life safety education; PACE (Program for all Inclusive Care of the Elderly), community health assessment, education about sub-prime lending practices; improved web access to Park Authority programming, increased training for key staff to identify and report elder abuse; and much more. The full compendium is available on line at <http://www.fairfaxcounty.gov/olderadults>.

Keeping up the Momentum

The Board of Supervisors' Aging Committee created this report as a guiding document for the county. The committee will continue to build on these and will discuss emerging issues. To assist them in this process, the Committee has requested an annual score card of the Action Plan and of the departments' initiatives from the Fairfax Area Commission on Aging and invites input from the community.

Speakers at Fairfax County BOS Aging Committee Meetings

May 22, 2006

Kick off Meeting

Michael O'Neil- AARP, featured guest speaker

July 17th-2006

County Services for Older Adults

Leader: Supervisor Joan DuBois

Edwin Clay III-Director, Fairfax County Public Library System

Dana Page-Director of Fairfax County Department of Family Services

Verdia Haywood, Deputy County Executive, Fairfax County

Kay Larmer, Long Term Care Coordinating Council

October 30, 2006

“Will Our Housing Fit Our Needs as Fairfax Ages?”

Leader: Supervisor Dana Kauffman

Michael Behrman, Head of the Keller Institute at George Mason University and Chair of the Fairfax County Long Term Care Coordinating Council's Access Committee,

Craig Deering- Architect who has worked with Fairfax County

Bill Fuller, PhD, Senior Community Housing Officer at the Virginia Housing Development Authority

Al McAloon, Member of the Redevelopment and Housing Authority Board

Paula Sampson, Director of the Fairfax County Redevelopment and Housing Authority.

Sandy Silverman, Architect; worked on senior housing projects. Member of the Senior Living Council of the Urban Land Institute.

January 29, 2007

Community Planning

Leader: Supervisor Cathy Hudgins

Robert E. Simon, Founder, Reston

David Hartmann, President, Fellowship Square Foundation

Francis C. Steinbauer, Former President, Reston Land Corporation

February 12th, 2007

Keeping Caregivers Giving

Leader: Supervisor Gerry Hyland

Sandy Markwood, CEO of the National Association of Area Agencies on Aging

Lucy Gerland, Coordinator of the Fairfax Area on Aging Caregiver Program (position filled by Rita Schumacher 5/07).

Karen Brown, Chair of the Fairfax County's Long Term Care Coordinating Council and CEO of Brain Injury Services

David Broder, Virginia Association of Personal Care Assistants

Courtney Tierney, Director of the Prince William Area Agency on Aging

March 5th, 2007

“The Boomers are Coming and They’re Carrying IPODS”

Leader: Supervisor Linda Smyth

Ellen Wuertz, Community Preservation and Development Corp.

Lt. Derrek DeGeare, Fairfax County Sheriff’s Department, presentation on Project Lifesaver

Denis Paddeu, Fairfax County Department of Transportation-EZ Pass
“Smart Card Technology”

Steve Morrison, AARP

Lydia Patrick, Fairfax County Program Coordinator

Allan Hide DCCCP, Cable/Broadband Access Alternatives

Gordon Jarratt, Fairfax County Department of Information Technology

April 23, 2007

Diversity in Our Older Populations

Leader: Supervisor Penny Gross

Janet Hubell, Fairfax County, Regional Director, Department of Systems Management for Human Services Region II

Elita Rosillo Christiansen, Vice President, Community Health/Cultural Competence Division of Inova Health System

Heisung Lee-Director of the Korean Senior Center, Vienna, VA

Dr. Nguyen Dinh Thang, Director BP SOS (Boat People SOS)

June 11, 2006

Older Adults and Mental Health: Looking Ahead

Leader: Supervisor Joan DuBois

Lorraine Redmond-Manager of The Lewinsville, A private, non-profit, independent housing complex for seniors

Sara Mumford-Fairfax County- Division Supervisor, Therapeutic Recreation Services

Henriette Kellum, Aging and Disabilities Services Division, Senior and Adult Mental Health, Arlington County Department of Human Services
Frances Allen, Fairfax County Mental Health Senior Clinician

June 25, 2007

Health

Leader: Supervisor Sharon Bulova

Richard W. Lindsay, MD, Chairman of the Commonwealth Council on Aging

Gloria Addo-Ayensu, PhD, Fairfax County Health Department, Director

Geraldine Hofler, NoVaHealthFORCE, Program Manager

July 30, 2007

Transportation

Leader: Chairman Gerry Connolly

Dr. Alan Abeson, Director, Easter Seals Project ACTION

Rollo Axton, Fairfax County Department of Transportation

Fred Fox, Shepherd's Center of Oakton-Vienna

Joyce Lin – Senior Centers

Eloise Stash, Seniors-on-the-Go!

Joyce Weber, Annandale Christian Communities for Action, Transportation Program

Pat Franckewitz, Director, Fairfax County Department of Community and Recreation Services

SOURCES

- ¹ Fairfax County Department of Systems Management for Human Services, *Anticipating the Future*, March 2006.
- ² Andrew Kochera, Audrey Straight, and Thomas Gutterbock, *Beyond 50.05. A Report to the Nation on Livable Communities: Creating Environments for Successful Aging*. AARP, 2005, p. 74
- ³ Andrew Kochera, Audrey Straight, and Thomas Gutterbock, *Beyond 50.05. A Report to the Nation on Livable Communities: Creating Environments for Successful Aging*. AARP, 2005, p. 16
- ⁴ Annie Gowen, *Brave New Boomers*, Area Officials Plan for a Generation That Won't Call Itself Old And Opt to Stay Put Far From Transit and Health Services Washington Post, September 16, 2007; Page A01
- ⁵ <http://infoweb/dmb/CIP/Documents/Revitalization.doc>
- ⁶ Fairfax County Department of Systems Management for Human Services, *Anticipating the Future*, March 2006.
- ⁷ Concrete Change. <http://www.concretechange.org/>
- ⁸ *The Center for Universal Design, Environments and Products for all People*. <http://www.design.ncsu.edu/cud/>
- ⁹ Concrete Change. <http://www.concretechange.org/>
- ¹⁰ <http://www.fairfaxcounty.gov/aaa/pdf/nvan2008bkgrd.pdf>
- ¹¹ <http://aspe.hhs.gov/poverty/index.shtml>
- ¹² Fairfax County Department of Systems Management for Human Services, *Anticipating the Future*, March 2006. p.29.
- ¹³ Fairfax County Department of Systems Management for Human Services, *Anticipating the Future*, March 2006. p.32.
- ¹⁴ http://www.thinkoutsidethecar.org/pdfs/NVTCboardPres12_05.pdf
- ¹⁵ Fairfax County Department of Systems Management for Human Services, *Anticipating the Future*, March 2006. p.34.
- ¹⁶ http://www.aahsa.org/aging_services/default.asp
- ¹⁷ Fairfax County Department of Systems Management for Human Services, *Anticipating the Future*, March 2006. pp. 4-5.
- ¹⁸ Northern Virginia Transportation Commission, Meeting the Needs of Northern Virginia's Seniors, Pg. 2-16. <http://www.thinkoutsidethecar.org/pdfs/Senior%20Mobility%20Final%20Report%202006.pdf>
- ¹⁹ N4a, Partners for Livable Communities, and MetLife Foundation, *A Blueprint for Action: Developing a Livable Community for All Ages*. 2005, p. 22
- ²⁰ Andrew Kochera, Audrey Straight, and Thomas Gutterbock, *Beyond 50.05. A Report to the Nation on Livable Communities: Creating Environments for Successful Aging*. AARP, 2005, p. 88.
- ²¹ National Family Caregiver Association. <http://www.nfcacares.org>
- ²² <http://www.Fairfaxcounty.gov/bosclerk/summary/200606-06-05.pdf>
- ²³ Fairfax County Department of Systems Management for Human Services, *Anticipating the Future*, March 2006. p.9.

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- ²⁴ *Remaining America, How America Can Grow Older and Prosper*, AARP. 2005, p. 23.
- ²⁵ Fairfax County Department of Systems Management for Human Services, *Anticipating the Future*, March 2006. p.9.
- ²⁶ Fairfax County Department of Systems Management for Human Services, *Anticipating the Future, Trend 4: Rapid Cultural and Ethnic Diversification*. March 2006. pp. 15-19.
- ²⁷ Charts available from Bob Eiffert, Long Term Care Program Manager, Fairfax County Health Department, Bob.eiffert@fairfaxcounty.gov
- ²⁸ Fairfax County Department of Systems Management for Human Services, *Anticipating the Future*, March 2006. p. 16.
- ²⁹ Personal testimony, Heisung Lee-Director of the Korean Senior Center, Annandale, Virginia and Dr. Nguyen Dinh Thang, President of Boat People SOS, at the Board of Supervisor's Aging Committee Session, April 23, 2007.
- ³⁰ Personal testimony, Janet Hubell, Fairfax County Regional Director, Department of Systems Management for Human Services Region II, Heisung-Lee, Director of the Korean Senior Center, Annandale, at the Board of Supervisor's Aging Committee Session, April 23, 2007.
- ³¹ Personal Testimony, Elita Rosillo Christiansen, Vice President, Community Health/Cultural Competence Division of Inova Health System, at the Board of Supervisor's Aging Committee Session, April 23, 2007.
- ³² Personal testimony, Dr. Nguyen Dinh Thang, President of Boat People SOS, at the Board of Supervisor's Aging Committee Session, April 23, 2007.
- ³³ Fairfax County Department of Systems Management for Human Services, *Anticipating the Future*, March 2006. p. 14.
- ³⁴ PBS, FRONTLINE: Living Old: Cost of care: Caregiving facts, 2006. pps 1 & 3. <http://www.pbs.org/wgbh/pages/frontline/livingold/issues/nursinghomes.html>
- ³⁵ PBS, FRONTLINE: Living Old: Cost of care: Caregiving facts, 2006. p. 2. <http://www.pbs.org/wgbh/pages/frontline/livingold/issues/nursinghomes.html>
- ³⁶ <http://www.fairfaxcountygov/aad/pdf/gpresources.pdf>
- ³⁷ National Family Caregivers Association. <http://www.nfcacares.org>
- ³⁸ Fairfax County Department of Systems Management for Human Services, *Anticipating the Future*, March 2006. p. 11.
- ³⁹ Fairfax County Department of Systems Management for Human Services, *Anticipating the Future*, March 2006. p. 45.
- ⁴⁰ Fairfax County Department of Systems Management for Human Services, *Anticipating the Future, "Health Care Issues"*, p. 39-43. March 2006. p.14.
- ⁴¹ Fairfax County Department of Systems Management for Human Services, *Anticipating the Future*, March 2006. p. 42.
- ⁴² Charles M. Helms, M.D., PhD *Thinking to Prevent Falls*, University of Iowa Hospitals and Clinics, University of Iowa Health Center, <http://www.uihealthcare.com/news/currents/vol4issue4/chiefofstaff.html>
- ⁴³ http://www.alz.org/national/documents/Report_2007FactsAndFigures.pdf
- ⁴⁴ <http://www.mentalhealthcommission.gov/presentations/bartels.ppt>

⁴⁵ Sandra Rosenbloom, The Brookings Institute Center on Urban and Metropolitan Policy, *The Mobility Needs of Older Americans: Implications for Transportation Reauthorization*, July 2003, p. 3.

http://www3.brookings.edu/es/urban/publications/20030807_Rosenbloom.pdf

⁴⁶ Nova Health Force; <http://www.novahealthforce.com/>

⁴⁷http://www.hhr.virginia.gov/Initiatives/HealthReform/MeetingMats/FullCouncil/Health_Reform_Comm_Draft_Report.pdf

⁴⁸ <http://www.fairfaxcounty.gov/hd/hdpdf/lctfullversion.pdf>

⁴⁹ Fairfax County Department of Systems Management for Human Services, *Anticipating the Future*, Community Safety. March 2006. pps. 47-52.

⁵⁰ Fairfax County Department of Systems Management for Human Services, *Anticipating the Future*, March 2006. p. 49.

⁵¹ Fairfax County Department Family Services, Area Agency on Aging,

Frequently Called Numbers; <http://www.fairfaxcounty.gov/aaa/PDF/fcn.pdf>.

⁵² http://www.fairfaxcounty.gov/dmb/adopted/FY2008/pdf/Overview/44_Services_for_Seniors.pdf

⁵³ Personal communication, Alice Morris, Management Analyst, Fairfax County Department of Administration for Human Services, September 7, 2007.

⁵⁴ Jane Gross, The New York Times, *Elderly Organize to Meet Problems of Aging*, page 3, August 13, 2007. <http://www.nytimes.com>

Additional Related Resources

Fairfax County Public Libraries. Web Sites for Older Adults, Listed by Subject; <http://www.fairfaxcounty.gov/library/interenet/seniors.htm>.

Fairfax County Department of Family Services, Area Agency on Aging; <http://www.fairfaxcounty.gov/aaa>.

Senior Navigator; <http://www.seniornavigator.org/vaprovider/consumer/snConsumerHome.do?subscriberId=1>

National Association of Area Agencies on Aging; www.n4a.org.

The American Institute of Architects.

National Aging in Place Council; www.Naipc.org.

Center for Universal Design; www.design.ncsu.edu/cud/

New Urbanism; www.cnu.org

National Center for Bicycling and Walking; www.bikewalk.org

Complete the Streets; Complete Streets Coalition; www.completethestreets.org

Coalition for Smarter Growth; www.smartergrowth.net

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QUICK REFERENCE OF ACRONYMS and TERMS

in Aging and Long-Term Care

A&A	Adult and Aging Division of Department of Family Services that includes Adult Services, Adult Protective Services, Area Agency on Aging and Disability Services Planning and Development.
AAA	Area Agency on Aging Program in A&A of the Department of Family Services. Note: No income requirements.
AARP	National member organization for people 50+. No longer “American Association of Retired Persons”; now just AARP)
ADCR	Aging, Disability and Caregiver Resources Information specialists on these topics available to the public at 324-7948. Located in the Adult and Aging division of the Department of Family Services.
ADRC	Aging and Disability Resource Centers Federal/State initiative being piloted elsewhere in VA. See “No Wrong Door
ALF	Assisted Living Facility Formerly ACR – Adult Care Residence. See Assisted Living.
ADA	Americans with Disabilities Act Federal civil rights act re: access for people with disabilities
ADHC	Adult Day Health Care Centers designed to provide a safe, fun and therapeutic environment for frail elderly or adults who need supervision during the day due to changes in their cognitive and or functional abilities.

ADL	<p>“Activities of Daily Living” For the Uniform Assessment Instrument (UAI), activities of daily living is bathing, dressing, toileting, eating/feeding, continence, and ambulation (walking, wheeling, stair climbing, and mobility).</p>
AoA	<p>Administration on Aging Federal agency within Health and Human Services that administers the Older Americans Act</p>
APS	<p>Adult Protective Services Within Department of Family Services, social workers who investigate abuse, neglect and exploitation of elderly persons and incapacitated adults.</p>
Assisted Living	<p>Residences for adults who need help with everyday tasks such as dressing, bathing, eating, or using the bathroom, but who don't need full-time nursing care.</p>
AT	<p>Assistive Technology Low tech to high tech products that allow a person with a disability to do regular tasks and activities</p>
Beacon Hill	<p>Program example often used to describe a service model in which a neighborhood comes together to offer a set of contracted services to its residents, often to maintain independence.</p>
Birmingham Green	<p>Once known as the District Home, it is now both a nursing home and an assisted living facility located in Manassas. When the new assisted living buildings are open, all will be renamed. Owned by five jurisdictions in Northern Virginia, including Fairfax</p>
CCA	<p>Commonwealth Council on Aging The state-level aging council appointed by the Governor, one from each of Virginia’s congressional districts, plus appointments by the Speaker of the House of Delegates and Senate Committee on Privileges and Elections.</p>
CCRC	<p>Continuing Care Retirement Community A residence complex that includes independent living, assisted living, and nursing home care so that residents can stay living within the complex as their needs change.</p>

CNA	Certified Nursing Assistants Individuals trained to provide direct care under the supervision of a nurse.
CSP	Coordinated Services Planners Information specialists available at 222-0880. Located in the Department of Systems Management for Human Services
CMP	Congregate Meal Program Older Americans Act, state and County funded meals at locations around the county where attendees eat together. Donations requested.
COA	Fairfax Area Commission on Aging 12 members total, 10 appointed by the Board of Supervisors and 1 appointed from each of the 2 cities of Fairfax and Falls Church. The COA advocates concerning the needs of older adults. Older Americans Act requires their involvement with the Area Agency on Aging.
DME	Durable Medical Equipment Examples include wheel chairs, hospital beds, etc.
DRG's	Diagnostic Related Group System of grouping patient needs and the services that will be funded to address those needs.
HBC	Home Based Care Assistance provided in the home for clients with needs so that they can remain in their own homes
HDM	Home Delivered Meals See MOW – (Meals on Wheels)
IAC	Interagency Aging Committee Public and private professionals in the field of Aging that meet to hear speakers and share information, coordinated by the Area Agency on Aging. Holds periodic joint gatherings with ProAging.
IADL	Instrumental Activities of Daily Living Instrumental Activities of Daily Living is meal preparation, housekeeping, laundry, money management, transportation, shopping, using phone, and home maintenance

IDT	<p>Interdisciplinary Team Team of professionals meeting to develop service options for a client – could include health, mental health, social services, and others</p>
LLI	<p>Lifetime Learning Institute At Northern Virginia Community College - a non-profit, member-run organization providing continuing education opportunities to older adults</p>
LTC	<p>Long Term Care The sum of policies and programs that provide social, health, rehabilitative, and supportive services over an extended period of time to those individuals who are limited in performing major life activities.</p>
LTCTF	<p>Long Term Care Task Force Board of Supervisors appointed group of private sector individuals that analyzed needs and prepared the Long Term Care Task Force Report: "Toward a Lifetime of Independence". The task force is no longer functioning (see Long Term Care Coordinating Council)</p>
LTCCC	<p>Long Term Care Coordinating Council Board of Supervisors appointed citizen group formed to carry out the work of the LTC Task Force report and to address emerging issues</p>
MFP	<p>Money Follows the Person Federal funding awarded to Virginia to help design services and programs to transition at least 1,000 seniors and people with disabilities from institutions, such as nursing facilities, into appropriate community-based housing. The federal grant will extend from May 2008 through September 2011.</p>
MOW	<p>Meals on Wheels Older Americans Act/state and County funded meals delivered by volunteers to homebound seniors who cannot prepare their own meals and have no one to cook for them. Sliding fee.</p>

n4a	National Association of Area Agencies on Aging
NARFE	National Association of Retired Federal Employees
NASUA	National Association of State Units on Aging
NCOA/ASA	National Council on the Aging / American Society on Aging Two membership organizations that hold joint training opportunities
NWD	No Wrong Door Virginia's approach to one-stop for adult health and human services. The vision: have Resource Centers in every community serving as highly visible and trusted places where individuals can turn for information on the full range of long-term support options and entry to public long-term support programs and benefits.
NORC	Naturally Occurring Retirement Community A neighborhood, condo building, or apartment building in which residents, who moved in when younger, have grown older and may need assistance.
NVAN	Northern Virginia Aging Network Legislative advocacy group – focused on the Virginia General assembly - for aging initiatives that will improve lives of older adults in Northern Virginia. Annual legislative platform, legislative breakfast, and direct education of decision-makers.
NVLT COP	Northern Virginia Long Term Care Ombudsman Program Regional program housed in the Area Agency on Aging. Receive, investigate and resolve complaints of residents in nursing homes and assisted living facilities. Educate and advocate for patient rights.
NVRC	Northern Virginia Resource Center for the Deaf and Hard of Hearing Persons Non-profit with county and private funding provides information and resources for deaf and hard of hearing people and their families, friends, co-workers, employers.

OAA	<p>Older Americans Act Signed into law on July 14, 1965, it created a nationwide Aging network – federal AOA, state Aging departments, and local Area Agencies on Aging. The OAA defines services that could be provided directly or by contract by AAAs – home delivered meals (MOW), congregate meals, legal services, information and assistance, and more. Annually, Congress passes funding for Older Americans Act services that is passed from AoA to local AAAs through the state agencies.</p>
OGN	<p>Old Girl/Guy Network A small <i>informal, unchartered</i> inter-departmental group of County ‘Aging’ staff that has been meeting monthly for more than 10 years to inform each other and plan collaborations.</p>
OLLI	<p>Osher Lifetime Learning Institute A non-profit, member-run organization, affiliated with George Mason University, providing continuing education opportunities to older adults</p>
PACE	<p>Program of All-Inclusive Care for the Elderly A program for frail nursing home eligible older adults (who are dually eligible for Medicare and Medicaid) which focuses on keeping residents living in their community. There are efforts underway for Northern Virginia to join more than 2 dozen sites nationwide.</p>
POW	<p>Pets on Wheels An all-volunteer organization supported by the Area Agency on Aging. Volunteers bring pets to nursing homes and assisted living facilities throughout the county to visit residents.</p>
Senior Plus (also Senior +)	<p>Filling the gap program between senior center participation and attendance at Adult Day Health Care and operated within Fairfax County senior centers, additional health/mental health/therapeutic recreation support is provided so that older adults whose needs are increasing can remain active members of the senior centers.</p>
SSA	<p>Social Security Administration</p>

SSDI	<p>Social Security Disability Insurance</p> <p>SeniorNavigator Statewide on-line database of services and resource materials for older adults and their caregivers. Fairfax County has a partnership with SeniorNavigator – direct link from the County’s webpage, an extensive effort to populate the database with County information - and houses the Northern Virginia SeniorNavigator staffer.</p>
SSI	<p>Supplemental Security Income</p>
UAI	<p>Uniform Assessment Instrument A common computerized assessment tool developed by the state and used by workers in multiple programs and departments to assess function and need. By using the UAI, clients can enter more than one program without beginning the process all over. Workers also benefit from shared (with consent) client information.</p>
UD	<p>Universal Design Barrier free accessible design of products, homes and communities to allow use by all, young and old, with and without disabilities.</p>
VAPCA	<p>Virginia Association of Personal Care Assistants An organization of Personal Care Assistants (PCAs) to improve working conditions, reduce turnover, acquire benefits, training, and career ladders in order to build a stable workforce.</p>
VDA	<p>Virginia Department for the Aging A state-level agency designated by the federal government as the agency to oversee all state programs using funds provided by the federal Older Americans Act and the Virginia General Assembly. Area Agencies on Aging contract with the Department to provide services for older Virginians and their families in communities throughout Virginia.</p>
VERC	<p>Virginia Elder Rights Coalition The Virginia Elder Rights Coalition (VERC) is a network of organizations, agencies, and individuals promoting the rights and autonomy of older Virginians.</p>

V4A **Virginia Association of Area Agencies on Aging**
Members are the 25 Area Agencies on Aging that serve all communities in the Commonwealth. Activities include sharing of best practices to improve service delivery, improving linkages with VDA and Departments at the state level, and advocacy with the Governor and General Assembly.

VICAP **Virginia Insurance Counseling and Assistance Project**
The Virginia Insurance Counseling and Assistance Program (VICAP) offers confidential help and advice about health insurance and long-term care insurance to older adults. VICAP is Virginia's version of the national SHIP program and is administered at the local level by the Area Agency on Aging.

Visitability A design approach - homes constructed or retro-fitted with: one zero-step entrance; all main floor interior doors-- including bathrooms—with at least 32 inches of clear passage space; and at least a half bath, preferably a full bath, on the main floor, to make it visitable by friends or family with a temporary or long-term disability.