



Fairfax 50+ Community Action Plan

2017 Highlighted Initiatives

Carolyn Sutterfield, Vice Chair
Fairfax Area Commission on Aging

September 19, 2017

Caring for the Caregiver

The Fairfax Family Caregiver Support Program Telephone Support Group for Family Caregivers of Older Adults

Have you ever wanted to attend a support group, but couldn't? This group may be just what you need!



Join in to get information, share your experience, and emotional support from others without having to travel.

**2nd Tuesday of each month
7 - 8 p.m.**

Free Seminars for Family Caregivers

FALL 2016 SERIES

OCTOBER - NOVEMBER

Fairfax Caregiver Seminar Consortium presents its Fall 2016 Series which is designed to help family caregivers of older adults and/or adults with a disability manage day-to-day caregiving issues.

To register, visit www.fairfaxcounty.gov/DFS/OlderAdultServices, or call 703-324-5205, TTY 711.

To request reasonable ADA accommodations call 703-324-5868, TTY 711.

For information on how to reach these locations using public transportation, visit www.fairfaxconnector.com, 703-339-7200, TTY 703-339-1608; or www.wmata.com, 202-637-7000, TTY 202-638-3780.



Side 1

Fairfax County schools are closed on the day of your seminar, that seminar will be cancelled.

Caregiver's Corner On Line



Are you caring for an
older family member,
neighbor or friend?

Get helpful information on
caregiver issues, resources, and
events delivered to your email
monthly.

What Caregivers Should Know About

How likely you will make health care and financial decisions for the care recipient. At this seminar you will learn what you need to put in place and why, does the age of the care recipient matter, and what happens if the documents fail or

Speaker: JD

Offered twice:

Thursday, October 5

Noon - 1 p.m.

Location: Your computer or telephone. You will receive access instructions after you register.

Monday, November 3

7 - 8:30 p.m.

Caregiving 101 - Prepare to Care

Learn how to form a team, make a plan, find support, and still care for yourself. All participants will receive a copy of AARP's "Prepare to Care Planning Guide."

Speaker: Carol Downs, MSW, Community Ambassador, AARP

This seminar is offered twice:

Date/Time: Thursday, October 6

7 - 8:30 p.m.

Location: Martha Washington Library, 6614 Fort Hunt Rd., Alexandria, VA 22307 For directions: 703-768-6700, TTY 711

Date/Time: Monday, October 24

7 - 8:30 p.m.

Location: Kings Park Library, 9000 Burke Lake Rd., Burke, VA 22015 For directions: 703-978-5600, TTY 711

Fairfax County's "You Can! Live Well, Virginia" Self-Management Program presents The Stanford University Wellness Workshop Series "You Can! Live Well, Virginia!"



Fairfax County's "You Can! Live Well, Virginia!" offers FREE six week, group interactive workshops for individuals who are frustrated by their on-going health conditions, and for caregivers who are dealing with caregiver stress.

Learn and share positive strategies to better manage overall health, increase self confidence and improve the skills needed to take control of your health!

ELDERLINK Helping older adults and their families.

Fairfax County Kinship Care Families:

Grandparents, aunts, uncles, and other relatives who are raising children for a family member or friend

Support Group for Kinship Caregivers



**Are you raising a child
for a family member or friend?
You are not alone.**

Find out about community resources you may not have known existed.

Talk with others who understand how difficult and joyful this responsibility can be.

Support Group is for residents of Fairfax County and the cities of Falls Church and Fairfax.

Creating a Communication Buzz: 50+ Community Ambassadors



Fairfax Area Agency on Aging
50+ Community Ambassador
Program



Optimizing the Number of Links into the County's Older Adults Page

Fairfax County VIRGINIA

Home Living Here Doing Business Visiting Departments & Agencies

Index
 Contacts/Directions
 Services for Older Adults Home
 Department of Family Services
 Health Department
 Neighborhood & Community Services
 Disability Services

Related Links
 Eldercare Locator - nationwide
 Medicare.gov
 Social Security
 SeniorNavigator

Online Services
 Our Government
 News and Events
 Maps, Facts & Stats
 State & Federal

homepage > family services > services for older adults:
Fairfax County Services for Older Adults

For information and assistance, call
703-324-7948
 TTY 711
Aging, Disability and Caregiver Resources Line
Monday - Friday, 8 a.m. to 4:30 p.m.
[Online Service Request Form](#)

HOT TOPICS

Fairfax 50+ | 50+ Subscribe to E-News
 Fairfax 50+ Podcasts:
 Teaching Tech at 14 Senior Centers
 Encore Chorale for 55+ w/Jeanne Kelly
 Making Channel 16's Everyday Yoga
 Inova's Housecalls & Geriatric Assessment Programs
 Golden Girls Softball League
 Channel 16 Yoga for Mature Adults

NEW Learn About the Silver Shield Anti-Scam Campaign
NEW 50+ Expo at Springfield Town Center, Sept. 17
 Managing Chronic Illness Program, Sept. 26, Fairfax
 Classes: Retirement, Mental Fitness, Caregiving, More!
 Volunteers Needed Countywide: MOW Drivers & Coordinators
 Continuous Lifelong Learning

Find Services!
 County Services
 Adult Day Health Care
 Insight Memory Care Center
 Adult Protective Services
 Aging/Transportation
 Mature Driving Issues
 Care Management

Join Us!
 Recreation & Wellness
 Adult & Community Education
 Adult Sports Team Directory
 Center Without Walls
 Chronic Disease Management Program
 Fall Prevention Program
 Library

Get Involved!
 Community Engagement
 Fairfax 50+ Community Action Plan
 High School "Shark Tank" Tech Challenge
 Commission on Aging
 Fairfax County Boards, Authorities and Commissions
 Long Term Care Coordinating Council

Follow Us!
 Connections
 Find ...
 An Event
 A Speaker
 Senior Navigator
 Subscribe to ...
 Fairfax 50+



Arts Initiative: Creative Aging Festival

Arts Council of Fairfax County

MAPPING THE FUTURE
OF THE ARTS IN FAIRFAX



Fairfax

50+

Park Authority 50+ Initiatives



50+ Connect • Engage • Play



Day Trips and Tours Park Authority day trips offer an opportunity to visit new places, learn about history, and enjoy scenic views. If you don't have a car, we have thoughtfully arranged for a coach driven by...



For most of us age 50+ the focus of our entire adult lives has been on career and family – getting ahead at work and raising happy, productive children. The children are older now, and it's time to refocus some of our energies on ourselves. But do we remember how to do that?

At the Park Authority, we believe in living life to the fullest at every age – through new park experiences and meeting other people with similar interests.

Our 50+ page is a one-stop-shop for activities and experiences in County parks specifically geared toward contemporary 50-somethings. Interested in exploring outdoor activities 50+ adults gravitate to most or in finding ways to give back to the community?

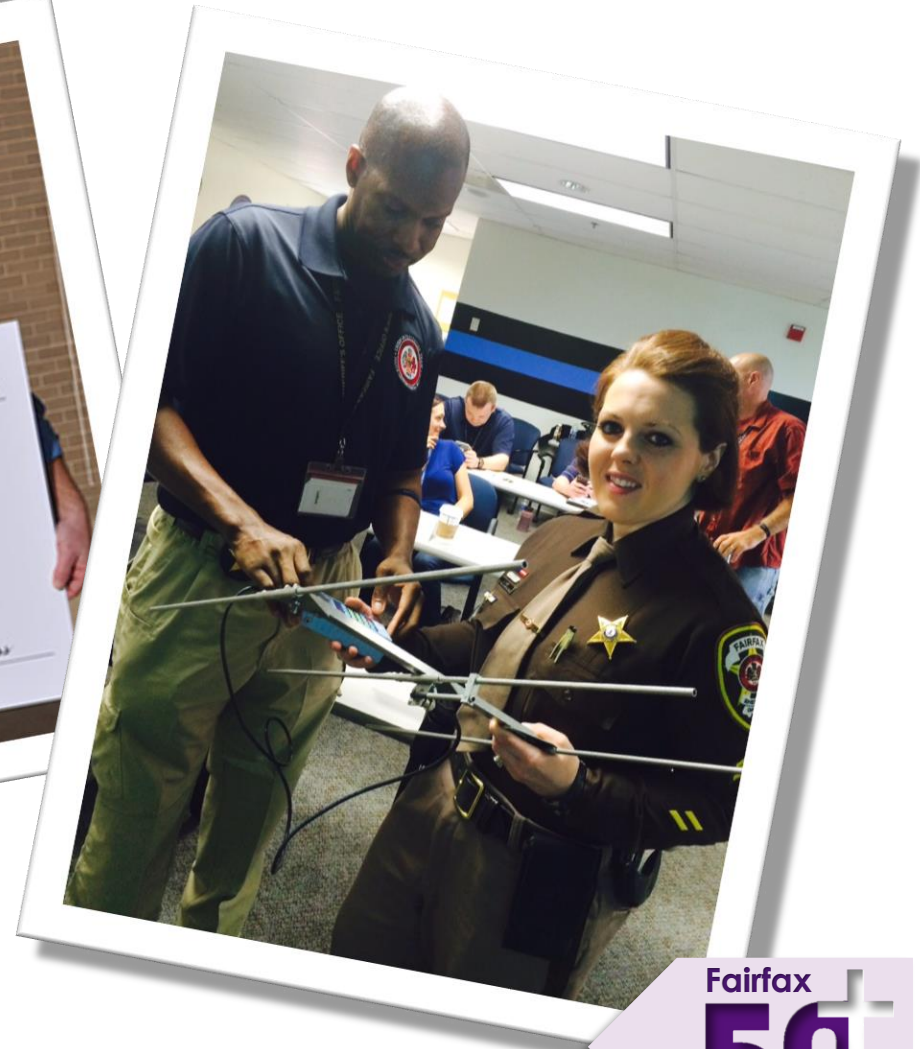
Discover your options here. Want to see which of our thousands of classes are most popular with Baby Boomers or the 70+ crowd?

We've assembled our selection easier. 50+ Page through each category for details, or links to class information.

Explore them all and see how many of our County's parks offer 50+ programs.



Project Lifesaver Expansion



Criminal Exploitation Prevention



Fairfax 50+ Community: Fairfax 50+ Facebook Page

Fairfax County 50+
@fairfaxcounty50

Home
About
Photos
Events
Videos
Reviews
Posts
Community

Create a Page

Fairfax County 50+
Members of the Fairfax Area Commission on Aging

Like Follow Share ...

Learn More Message

Photos

Fairfax County Department of Family Services
Welcome to the SkillSource Center
Bienvenidos! ~ Ahn-Nyung-Ha-Se-Yol ~ Bienvenue! ~ Namastee

Dementia, Delirium, Depression Class

Government Organization in Fairfax, Virginia
5.0 ★★★★★ · Open Now

Community See All

Invite your friends to like this Page

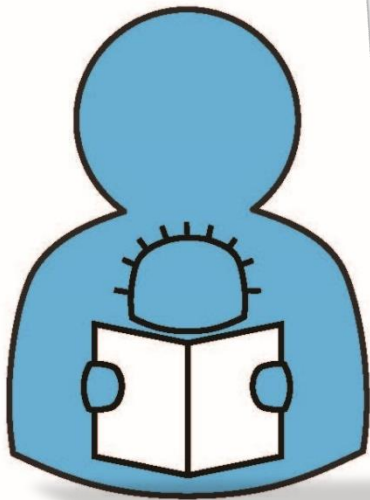
457 people like this
483 people follow this
13 people have visited
Christina Fonseca and 1 other like this or have visited

About See All

12011 Government Center Parkway
Fairfax, Virginia, VA 22035
(703) 324-7948



GrandInvolve: Intergenerational Tutoring in Elementary School



Venture Into Volunteering



Boomers and Older Adults

VENTURE INTO VOLUNTEERING FAIR

Thursday September 28, 2017
9:30 am – 3:00 pm

INOVA Fairfax Medical Campus
 Physicians Conference Center
 Lower Level, 3300 Gallows Road
 Falls Church, VA 22042

FREE PRIZES AND REFRESHMENTS!

www.fairfaxcounty.gov/olderadults

Sponsored by Fairfax County's Volunteer Solutions, The Fairfax County Park Authority, AARP, The Positive Aging Coalition, RSVP Northern Virginia (Volunteer Fairfax, Volunteer Alexandria and Volunteer Arlington). **This is not an AARP event. Any information you provide to the host organization(s) shall be governed by its private policy.**

For information call 703-704-6075, TTY 711 or email: jeannine.purdy@fairfaxcounty.gov

AARP Virginia Real Possibilities Fairfax County Department of Family Services

A publication of the County of Fairfax, Virginia, September 2017. Reasonable accommodations will be provided upon request. Call, 703-324-5492; TTY 711. To request this information in an alternate format, call 703-324-5870; TTY 711. For information on how to reach this location using public transportation, visit www.fairfaxconnector.com 703-339-7200; TTY 703-339-1608 or www.wmata.com 202-637-7000; TTY 202-638-3780.

NV Rides



www.NVRides.org

8900 Little River Turnpike
Fairfax, VA 22031 • 703.537.3071

Fairfax

50+

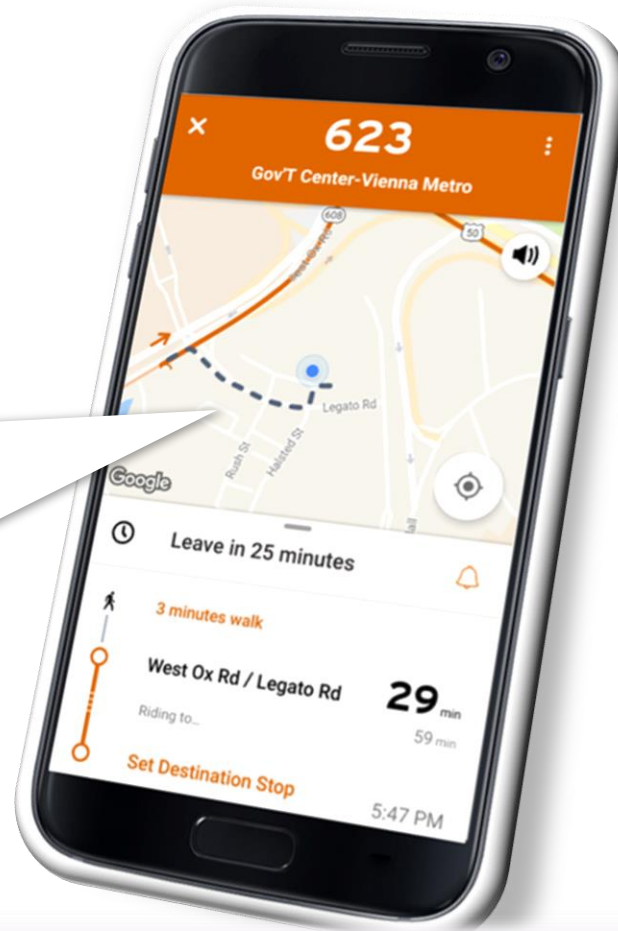
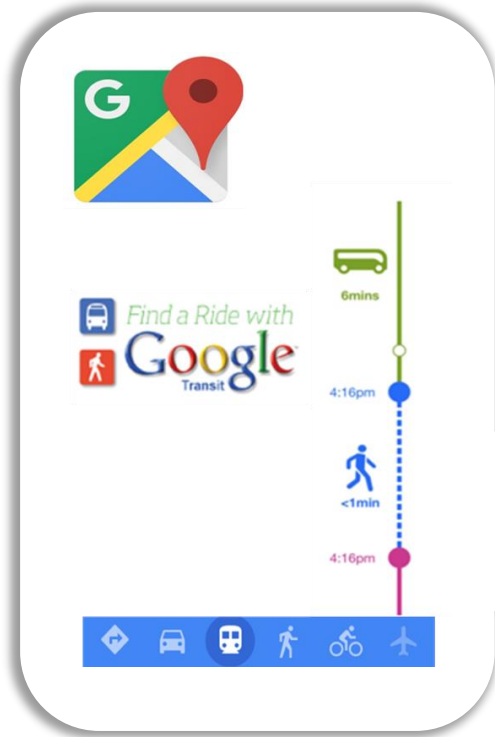
Senior Mobility Fair



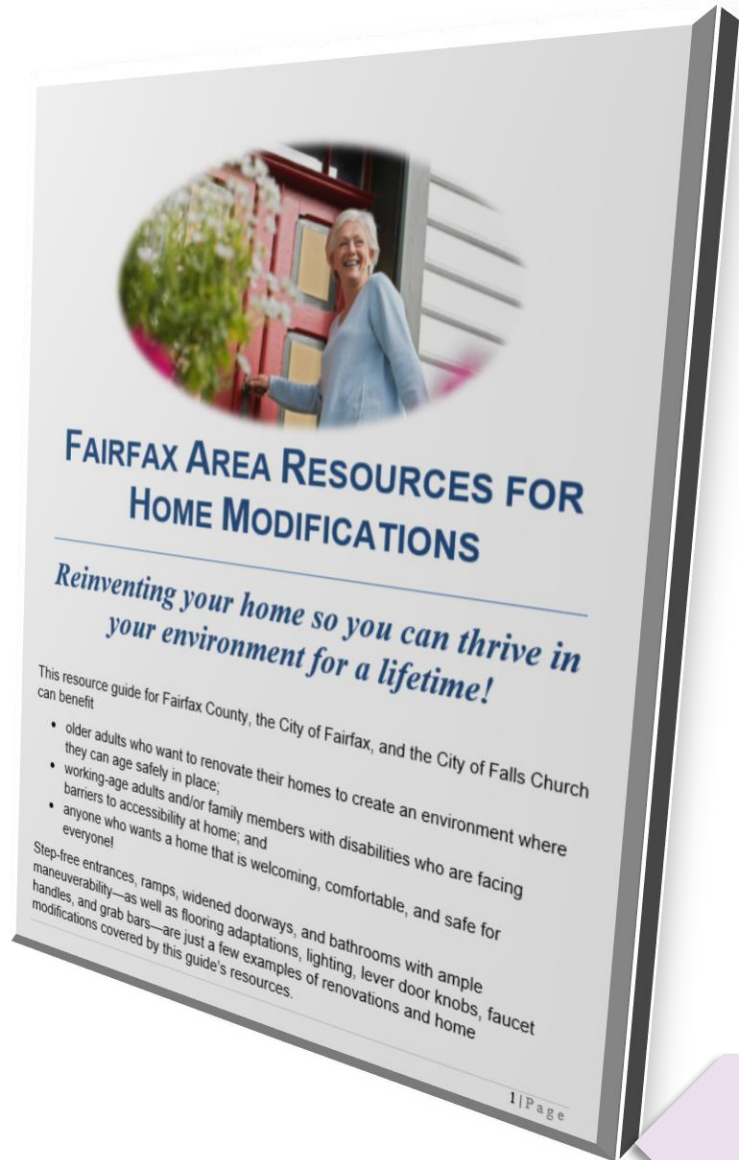
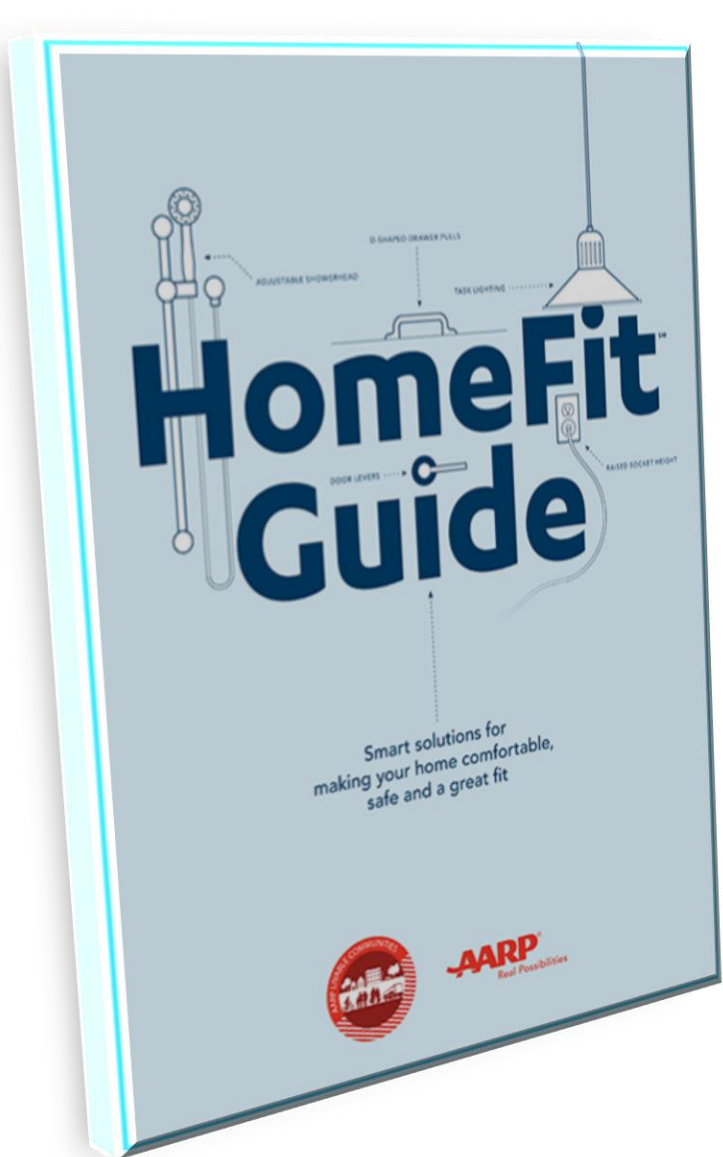
LIVING AGING WELL
SUMMIT 2016



Universal Real-Time Online Transit Data Portal



Accessibility Guide for Home Modifications



Help People Stay In Their Homes With Technology



Fairfax Area Commission on Aging

DRANESVILLE DISTRICT: Kay Larmer, Chair

CITY OF FAIRFAX: Carolyn Sutterfield, Vice Chair

AT LARGE: Catherine S. Cole

BRADDOCK DISTRICT: Mike Perel

CITY OF FALLS CHURCH: Patrick Sprouse

HUNTER MILL DISTRICT: Steve Gurney

LEE DISTRICT: Sharron Dreyer

MASON DISTRICT: Kathleen Hoyt

MOUNT VERNON DISTRICT: Bob Kuhns

PROVIDENCE DISTRICT: Joseph A. Heastie

SPRINGFIELD DISTRICT: Tom Bash

SULLY DISTRICT: Cathy Muha