



Older Adults Committee Meeting

March 14, 2023

Department of Family Services
Tara Turner, Fairfax Area Agency on Aging



Services for
**Older Adults &
Family
Caregivers**
(caregiver support,
dementia friendly,
resources)

Housing &
**Neighborhood
Supports**
(affordable housing,
home modifications,
home maintenance,
Villages,
livable
communities)

Access to
Mobility Options
(transportation,
mobility support,
walkability)

Personal
Well-Being
(community
engagement,
isolation public &
mental health,
nutrition)

Economic
**Stability and
Planning**
(financial
stability,
exploitation,
employment,
end of life,
business
partnerships)

SHAPE the Future of Aging Plan Timeline

Target Timeline 2022/23

Phase 2: Community Input

Oct. – Nov.
2022

Magisterial
District and
Community
Input

Dec. 2022-
Feb. 2023

SHAPE Plan Draft

Mar. – Apr.
2023

BOS Older
Adults
Committee
Reviews Draft
SHAPE Plan

May
2023

BOS Approves
SHAPE Plan

Older Americans
Month
proclamation

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	SHAPE THEME	COUNTYWIDE OUTCOME AREA	PAGE
1	Sharing information about aging services and events in multiple formats and languages is critical to keeping all individuals informed.	Lifelong Education and Learning	10
2	Caregivers would benefit from increased supports and services as they face the dual challenges of a prolonged pandemic and caring for an older loved one.	Empowerment and Support for Residents Facing Vulnerability	11
3	Further study is necessary to determine if, and to what extent, various segments of the older population are marginalized.	Empowerment and Support for Residents Facing Vulnerability/One Fairfax	12

Services for Older Adults & Family Caregivers

	SHAPE RECOMMENDATION	PAGE
1	Publicize comprehensive, easy-to-access information in multiple languages about services and events for older adults.	27
2	Increase support and guidance for family caregivers including training, respite care, support groups, and help with navigating benefits, resources, and information.	28
3	Increase access to supports and awareness of needs for Fairfax County's older residents who have disabilities.	29

Housing & Neighborhood Supports

	SHAPE THEME	COUNTYWIDE OUTCOME AREA	PAGE
1	Housing affordability is a significant concern for Fairfax Area residents of all ages, including older adults who want to remain in their homes or downsize to smaller houses or apartments nearby.	Housing and Neighborhood Livability	13
2	High housing costs disproportionately affect older adults with low incomes and limited savings, especially if they are in declining health or lack family support.	Housing and Neighborhood Livability	14
3	Increasing numbers of older residents in Fairfax County appear to be curious and open to being educated about shared housing options that exist.	Housing and Neighborhood Livability	14
4	As people age, their need increases for environmental accessibility and accommodations.	Housing and Neighborhood Livability	15

Housing & Neighborhood Supports

	SHAPE RECOMMENDATION	PAGE
1	Advance opportunities to reduce housing costs for older adults so they can remain in their homes.	29
2	Increase support and partnerships targeted to help older residents who are housing insecure.	30
3	Assist older residents in accessing resources to meet their home accessibility needs.	30

Access to Mobility Options

	SHAPE THEME	COUNTYWIDE OUTCOME AREA	PAGE
1	When older adults no longer feel safe walking or driving in their communities, their isolation increases and quality of life declines.	Mobility and Transportation and Safety and Security	16
2	Mass transit systems are often inadequate to meet the needs of older residents.	Mobility and Transportation	17
3	Buildings and facilities should be universally accessible and navigable.	Safety and Security	17

Access to Mobility Options

	SHAPE RECOMMENDATION	PAGE
1	Increase walkability and accessibility in neighborhoods.	31
2	Increase the viability and convenience of transportation options for older adults.	31

Personal Well-Being

	SHAPE THEME	COUNTYWIDE OUTCOME AREA	PAGE
1	Evidence suggests that older adults from some minority groups face discrimination and feel unwelcome in their community.	Empowerment and Support for Residents Facing Vulnerability; Effective and Efficient Government; One Fairfax	18
2	There is desire for information about volunteer opportunities to be readily available.	Cultural and Recreational Opportunities	19
3	Enhancing opportunities for increased connectedness would help relieve social isolation.	Cultural and Recreational Opportunities	20
4	Older residents reported barriers to accessing physical and mental health care.	Health	21
5	Participants expressed inadequacy with the availability of long-term services and supports.	Housing and Livability/Health	23
6	Food insecurity for older adults was identified as a pressing issue for Fairfax County.	Health	24

Personal Well-Being

	SHAPE RECOMMENDATION	PAGE
1	Increase inclusion, acceptance, and support for all older residents.	32
2	Increase access to and engagement with physical and mental health care for all older residents.	33
3	Increase community engagement and decrease social isolation of older residents.	34
4	Expand nutrition and wellness activities for older residents.	34

Economic Stability and Planning

	SHAPE THEME	COUNTYWIDE OUTCOME AREA	PAGE
1	High inflation is negatively affecting the ability of older adults to pay for basic needs.	Empowerment and Support for Residents Facing Vulnerability	25
2	Some older Fairfax County residents are considering reentering the workforce.	Empowerment and Support for Residents Facing Vulnerability	26
3	Financial exploitation programs should be periodically reviewed and strengthened to counter the increasing dangers.	Safety and Security	27

Economic Stability and Planning

	RECOMMENDATION	PAGE
1	Increase awareness and education for financial security strategies.	35
2	Increase awareness on prevention strategies to reduce risk of financial exploitation of older adults.	35
3	Increase employment prospects for older adults who are interested in joining the workforce.	35
4	Increase the percentage of older residents' completing end-of life planning.	36



Next Steps

DATE	PROCESS
3/9/23	Draft Report sent to the Board of Supervisors (text only version)
3/14/23	Older Adult Committee Meeting
3/23/23	Board of Supervisor feedback due to DFS staff (Tara Turner; Jacquie Woodruff) by noon.
4/20/23	Executive Summary, included in the updated formatted plan design will be sent to the Board of Supervisors
4/25/23	Older Adult Committee Meeting
5/23/23	Board of Supervisors approval of SHAPE the Future of Aging plan

Discussion