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!

2nd Tuesday of each month
7 – 8 p.m.

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

Free Seminars for Family Caregivers

FALL 2016 SERIES

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/DFSS/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.

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.

Fairfax County Kinship Care Families:

Fathers, mothers, 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
Arts Initiative: Creative Aging Festival

Arts Council of Fairfax County

MAPPING THE FUTURE OF THE ARTS IN FAIRFAX

10 YEARS OF CREATIVITY THROUGH ARTS!
Park Authority 50+ Initiatives

For most of us, age 50+ is the focus of our entire adult lives 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 authorities, 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 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?

Top Picks

Fitness & Wellness

Arts & Learning

Our Trip and Tours Park Authority day trips and tours offer an endless variety of new places, experiences and events for you to see and learn about! Join these group outings and have fun with others!

We've assembled our favorite parks, recreation areas, and destinations. (50+) Page through each cool detail, or link to other info.

Explore them all and see how our County's parks offer 50+
Project Lifesaver Expansion

![Image of a check for $3,000.00 from Virginia Wireless Association to Project Lifesaver]

![Image of two people holding a large model airplane]
GrandInvolve: Intergenerational Tutoring in Elementary School
Venture Into Volunteering

**Boom and Older Adults**

VENTURE INTO VOLUNTEERING FAIR

Your time and talents can create meaningful change in our community – find out how at the Venture into Volunteering Fair!

Community and county agency representatives will be on hand to discuss a wide range of opportunities including helping kids with homework, delivering meals on wheels and teaching a class at a senior center.

**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

www.fairfaxcounty.gov/olderadults

For information call 703-764-6075, TTY 711 or email: jeannine.purdy@fairfaxcounty.gov

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NV Rides

Join • Volunteer • Ride

www.NVRides.org
8900 Little River Turnpike
Fairfax, VA 22031 • 703.537.3071
Senior Mobility Fair
Universal Real-Time Online Transit Data Portal
Accessibility Guide for Home Modifications

HomeFit Guide

Smart solutions for making your home comfortable, safe and a great fit

Fairfax Area Resources for Home Modifications

Reinventing your home so you can thrive in your environment for a lifetime!

This resource guide for Fairfax County, the City of Fairfax, and the City of Falls Church can benefit:

- older adults who want to renovate their homes to create an environment where they can age safely in place;
- working-age adults and/or family members with disabilities who are facing barriers to accessibility at home; and
- anyone who wants a home that is welcoming, comfortable, and safe for everyone!

Step-free entrances, ramps, widened doorways, and bathrooms with ample maneuverability—as well as flooring adaptations, lighting, lever door knobs, faucet handles, and grab bars—are just a few examples of renovations and home modifications covered by this guide’s resources.
Help People Stay In Their Homes With Technology
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
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