

## Services for Older Adults

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Fairfax County projects a significant increase in the older adult population. Between 2010 and 2030, the County expects the 50 and over age group to increase by 19 percent, the 65 and over age group by 51 percent, and the 70 and over age group by 55 percent. This dramatic increase in the older population led to Board of Supervisors to adopt The Fairfax County 50+ Community Action Plan in September 2014. The Action Plan includes 31 initiatives regarding housing, transportation, community engagement, services, safety and health and long-range planning. 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 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 2020 Advertised Budget Plan](#). Following the table is a description of the programs, as well as utilization data by age if available. In FY 2020, services to older adults total \$83.9 million or 1.9 percent of General Fund Disbursements of \$4.4 billion. Excluding the General Fund Transfers to Fairfax County Public Schools for School Operating, School Construction, and School Debt Service of \$2.3 billion, spending on services for older adults is approximately 4.0 percent of the remaining General Fund Disbursements.

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## County Funded Programs for Older Adults<sup>1</sup>

Name and Description of Service	FY 2018 Actual	FY 2019 Revised Budget Plan	FY 2020 Advertised Budget Plan
<b>Facilities Management Department</b>			
Lease for the Lorton Senior Center at Gunston Plaza (Operated by the Dept. of Neighborhood and Community Services)	\$127,626	\$138,683	\$142,150
<b>Department of Neighborhood and Community Services</b>			
Senior Center and Support Services for Older Adults	\$4,255,819	\$4,321,971	\$4,629,629
Seniors-On-the-Go! Taxi Cab Voucher Program	117,814	325,876	325,323
Subtotal Dept. of Neighborhood and Community Services	\$4,373,633	\$4,647,847	\$4,954,952
<b>Fairfax County Public Library</b>			
Programs Primarily Used by Older Adults	\$493,762	\$424,679	\$442,014
<b>Department of Tax Administration</b>			
Tax Relief for the Elderly and Disabled	\$26,399,003	\$28,750,000	\$28,980,000
<b>Department of Family Services</b>			
Adult Protective Services	\$2,116,759	\$2,498,633	\$2,549,769
Adult and Aging Services	11,585,942	12,387,690	13,823,300
Subtotal Department of Family Services	\$13,702,701	\$14,886,323	\$16,373,069
<b>Health Department</b>			
Long-Term Care Developmental Services	\$3,399,439	\$3,367,858	\$3,428,763
<b>Fire and Rescue Department</b>			
Senior Safety Programs	\$64,325	\$76,087	\$80,034
<b>Subtotal - General Fund</b>	<b>\$48,560,489</b>	<b>\$52,291,477</b>	<b>\$54,400,982</b>

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## County Funded Programs for Older Adults<sup>1</sup>

Name and Description of Service	FY 2018 Actual	FY 2019 Revised Budget Plan	FY 2020 Advertised Budget Plan
<b>Fund 50000, Federal-State Grant Fund<sup>2</sup></b>			
Community-Based Social Services	\$1,050,406	\$639,075	\$1,294,744
Ombudsman	759,722	185,340	331,442
Fee for Service	345,065	17,704	284,567
Congregate Meals	1,621,558	1,337,436	1,811,093
Home-Delivered Meals	1,463,311	919,428	1,415,449
Care-Coordination	865,188	219,154	409,504
Family Caregiver	354,417	108,381	385,611
Chronic Disease Self Management	31,980	0	0
Respite Care	86,600	0	54,550
<b>Subtotal Fund 50000</b>	<b>\$6,578,247</b>	<b>\$3,426,518</b>	<b>\$5,986,960</b>
<b>Fund 40040, Community Services Board</b>			
Countywide Older Adults and Families Program	\$1,012,892	\$1,264,069	\$1,288,838
<b>Fund 10030, Contributory Fund</b>			
Northern Virginia Healthcare Center/Birmingham Green Adult Care Residence	\$2,605,826	\$2,700,168	\$2,808,377
<b>Fund 40330, Elderly Housing Programs</b>			
Little River Glen and Lincolnia Center	\$3,074,739	\$3,427,475	\$3,164,280
<b>Fund 30000, Metro Operations and Construction</b>			
MetroAccess	\$13,416,605	\$14,883,801	\$15,925,667
<b>Fund 60030, Technology Infrastructure Services</b>			
Computer Labs	\$337,490	\$347,480	\$350,990
<b>Subtotal - General Fund Supported</b>	<b>\$27,025,799</b>	<b>\$26,049,511</b>	<b>\$29,525,112</b>
<b>TOTAL SERVICES FOR OLDER ADULTS</b>	<b>\$75,586,288</b>	<b>\$78,340,988</b>	<b>\$83,926,094</b>

<sup>1</sup> 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.

<sup>2</sup> The FY 2020 funding level represents anticipated funding, actual funding received may be different.

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The following provides a brief description of the programs, as well as utilization data if available, included in the Services for Older Adults table on the previous two pages. 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 Support Services for Older Adults**

Senior Centers for Active Adults offer opportunities to make friends, stay on the move, and learn new things. Fairfax County residents age 50 and over may join any of the 14 senior centers sponsored by the Department of Neighborhood and Community Services. Support services for older adults enables seniors with minor cognitive and physical disabilities to actively participate in the day-to-day activities at Fairfax County Senior Centers. These support services replaced the Senior Plus Program, which was redesigned and no longer operates as a separate program within the Senior Centers, but rather as a service for all center participants as needed.

#### ***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 2018, 66 older adults were newly enrolled in the program.

### **Fairfax County Public Library**

#### **Programs Primarily Used by Older Adults**

The Fairfax County Public Library offers several programs and services which, although not limited to the older adult population, are primarily used by older adults. These include the Talking Books Program; Home Delivery Service; book collections maintained at older adult residences, nursing homes, and adult day care center; large print books; outreach and trainings; book clubs; assistive technologies; BiFolkal multi-media memory activity kits; Aging, Disability and Accessibility focused reference collection; Braille Awareness kits; and self- help groups for adults who are coping with vision loss.

### **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 2018, 6,771 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 2018, 1,121 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 2018, 2,679 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

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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 2018, 102,991 trips were provided.

## Health Department

### Long-Term Care Services

Long-Term Care Developmental Services includes both the Adult Day Health Care program and the Insight Memory Care Center, formerly known as Alzheimer's 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 275 older adults in FY 2020 with 93 percent of participants meeting the criteria for institutional level of care, but their participation in the program enables them to continue to live at home in the community. The Insight Memory Care Center (IMCC) 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 2018 there were 84 unduplicated County residents who were at 400 percent of the federal poverty level or below who accessed IMCC using County subsidy funds. In FY 2018 the Adult Day Health Care program reached 500 caregivers by providing community outreach, education and support.

## 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, "Smoke Alarm Program" 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 2020.

## 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 2018, 17,511 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, and Loudoun, improves quality of life for the more than 11,271 residents in 123 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 78 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. Please note Prince William County is no longer part of this partnership.

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### **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 28 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 three County senior housing complexes. In FY 2018, 247,890 congregate meals were served to 2,294 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 2018, 264,991 meals were provided to 904 older adults and younger adults with disabilities. Meals are delivered through partnerships with 24 community volunteer groups that drive 47 delivery routes.

### **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 2018, 28 clients received services through the Adult Day Health Care respite scholarship, 154 clients through bathing and respite services, 17 clients through the Discretionary Fund, and 30 clients received assisted transportation services, taking 855 one-way trips. Over 26,000 readers of the Golden Gazette received caregiver related information. An online version for caregivers reached 2,186 monthly subscribers.

### **Fund 40040, Fairfax-Falls Church Community Services Board**

#### **Countywide Older Adults and Families Program**

The Older Adults and Families Program of the Fairfax-Falls Church Community Services Board (CSB) provides strengths-based, person-centered, and solution-focused mental health outpatient treatment and case management services for older adults. Services support recovery and independence appropriate to the individual's physical and cognitive abilities and are provided in either an office or community-based setting, as appropriate. To address the unique needs of older adults, services include psychiatric evaluation, medication management, case management and supportive counseling, with linkage to and coordination of services with other community agencies, health care providers and family caregivers. In FY 2018, the program served 612 older adults age 60 and over for a total of 10,809 service hours.

### **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 2018, 123 Fairfax County citizens were served in the facility (74 in the nursing facility and 49 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.

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### **Fund 40330, Elderly Housing Programs**

#### **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 two locally-funded elderly housing developments, Little River Glen and Lincolnia Center Residences, which are owned or leased by the Fairfax County Redevelopment and Housing Authority (FCRHA). The programs 198 available units/beds in the two 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 289,574 completed stops for Fairfax County residents in FY 2018. An estimated 35 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.