

## Area Agency on Aging 'Highlights' for January 2021

### Livable Communities Development (LCD)

- The Commission on Aging (COA) will meet remotely on February 17. Fairfax County Commonwealth's Attorney Steve Descano will present on "The Role of the Commonwealth's Attorney's Office in Preventing Scams Against Seniors and an Update on the Office's Priorities." COA meetings are held from 1-3 PM on the third Wednesday every month, except August.
- The 2021 Virginia General Assembly convened on January 13. During General Assembly Session, the Department of Family Services (DFS) Senior Policy Team reviews legislative bills for potential impact on DFS programs and services. Jacquie Woodruff reviews all bills related to older adults and adults with disabilities.
- At the January 19th Northern Virginia Aging Network (NVAN) meeting, Jonathan Westin, Senior Director of Health Policy & Government Affairs for the Jewish Federations of North America, presented "The Potential & Promise of Long-Term Care Health Reform in the Biden Administration." The NVAN Legislative Committee, including Jacquie Woodruff, presented updates on General Assembly bills related to older adults.
- On February 11 and 12, virtual community conversations about the COVID-19 vaccine will be offered for people with disabilities and older adults. These forums will be hosted by the Fairfax County Health Department in partnership with the Fairfax Area Disability Services Board and Department of Family Services Fairfax Area Agency on Aging.

### LCD Reminders

- To sign up for the *New Family Caregiver Webinar Series*, visit:  
<https://www.fairfaxcounty.gov/hscode/ereg/registration.aspx?groupid=1>

First session *Neuroplasticity and Living a Full Life Following a Stroke*, March 17 from noon to 1:00p.m.

- To register for COVID Vaccine Webinar in Spanish "Vacuna contra el COVID-19. Charla Virtual", with guest speaker Dr. Rene Najera. Friday, February 26 from noon to 1:00p.m., visit:  
<https://bit.ly/36QmPPW>

- The new Caregiver webinar series will offer a total of **10** webinars from March until November of 2021. Topics will include neuroplasticity and stroke, Medicare, self-care, dementia, technology and caregiving, legal tools, driving safety, financial planning, and caregivers' grief, loss, and coping.

- During the month of January, **11** Fairfax Caregiver Alerts were sent via email and text messages. The alerts contained information on COVID-19 Vaccine, Caring For You Caring For Me, Chronic Disease Self-Management Program, New Caregiver Webinar Series, caregiver consultations, and caregiver telephone support call. Currently, there are **660** subscribers.

- The caregiver column for the Golden Gazette included a tip of the month about incorporating activities in daily routine that can be done by the caregiver and loved one, information on the

Aging, Disability, Caregiver Resource Line, Fairfax County Library Virtual Programs, Elderlink Caregiver Telephone Support Call and the new Café Latino by the Alzheimer's Association.

- The Fenwick Foundation Partnership supports family caregivers by providing free outside events and activity opportunities, such as tickets to theaters, plays, musicals, baseball games, and more. During COVID-19, the Fenwick Foundation has provided access to virtual live performances, as well as tickets to Christmas outdoor events. The program accepts referrals from the Department of Family Services, senior centers, adult day health centers, and other county programs. The program currently has **20** participants.
- Giuliana L. Valencia has been selected to serve as the new Chair of the Northern Virginia Dementia Care Consortium.
- In January, Dementia Friendly Fairfax (DFF) hosted a virtual, three-part webinar series on brain health, becoming a Dementia Friend, and Fairfax County resources. Linda Hernandez-Giblin, Giuliana Valencia and Lindsey Vajpeyi (Insight Memory Care) co-hosted the sessions. A total of 62 participants overwhelmingly rated the content as useful. The majority agreed they learned new techniques for recognizing those with dementia and strategies for how best to serve them and their caregivers, inclusively. Diane Watson, Allegra Joffee and Linda Hernandez-Giblin hosted an additional virtual Dementia Friends session for Mt. Vernon District community members. COA Commissioner Diane Watson and Supervisor Storck's office assisted in promoting this learning session.
- Dementia Friendly Fairfax continues to adjust their programming to ensure continued community education and support during the COVID-19 pandemic. At a time when most Dementia Friends groups have put programming on hold or are just starting to offer virtual sessions, the Fairfax initiative continues to learn and plan for more virtual sessions.
- The Occupational Therapy Consultation Program conducted four home safety visits in January. Recommendations were made for home improvements utilizing both the Caregiver Discretionary Fund and the Residential Renovation & Repair Program.
- The Residential Renovation & Repair Program (R&R) assisted one client in January in December by completing a tub conversion into a wheelchair accessible shower.

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## Nutrition Unit

- Meals On Wheels (MOW) continues to operate on a weekly delivery model as part of the COVID-19 response. Prior to the pandemic, our regular MOW clients received meals delivered 3 days per week by volunteers. Clients now receive a week's worth of meals delivered directly on a weekly basis.
- Nutrition Unit continues to provide MOW services to eligible adults over age 60 or adults over age 18 with disabilities who are newly homebound and electing to self-quarantine in response to the pandemic. New MOW clients are being placed on a weekly flash frozen delivery route that is delivered on Mondays.

### **How to Request Meals**

- Call 703-324-5409, TTY 711 to request service, make a referral or get more information.
- Family members, caregivers, friends, and medical professionals can make referrals.
- A social worker will call to conduct an assessment to determine eligibility.
- For more information visit: <https://www.fairfaxcounty.gov/familyservices/older-adults/fairfax-area-meals-on-wheels>

# ElderLink

## ElderLink's Fall Prevention Programming

- ElderLink will be expanding its fall prevention programming!
  - *Walk with Ease*, a 6-week self-directed walking program, has been added and planning is underway to schedule the first series.
  - *A Matter of Balance* is pivoting to a virtual format. Trainer Dianne Duke has completed the required certification and is planning additional training for staff.

## ElderLink Telephone Support Call

- The transition to the Zoom platform was well received by caregivers participating in the meeting, providing a virtual option for additional connection with other caregivers and the group facilitators.
  - 02/09: ***The Elephant in the Room: Difficult Topics in Caregiving***
  - 03/09: ***Therapeutic Fibs: Is it Okay to Shade the Truth?***

## Caregiver Education and Support

- ElderLink's first virtual offering of *Caring for You, Caring for Me* launched on 01/25.
- Stay tuned for the scheduling of additional sessions via Zoom.

## ElderLink's Chronic Disease Self- Management Programming

- Virtual Diabetes Self-Management and Telephonic Chronic Disease classes are both currently underway.
- Future upcoming classes:
  - Virtual Chronic Disease starting 03/07 (partnership with Arlington County) and 03/15.
  - Virtual Diabetes Self-Management, starting 03/17.

## ElderLink Services and Events

For online registration to participate in **ElderLink's Telephone Support Call** please visit: [www.tinyurl.com/CaregiverTSG](http://www.tinyurl.com/CaregiverTSG) or call the ElderLink intake line (703) 324-5374 for more information.

For more information about **Caregiver Education and Support**, please call Kristin Martin (703) 324-7577 or [Kristin.martin@fairfaxcounty.gov](mailto:Kristin.martin@fairfaxcounty.gov)

For more information about **Chronic Disease Self-Management Programming**, please contact Dianne Duke (703) 324-7721 or [Dianne.Duke@fairfaxcounty.gov](mailto:Dianne.Duke@fairfaxcounty.gov)

ElderLink is still accepting **referrals** for all programs, including **Free Caregiver Consultations, Health and Wellness Classes, and Virtual Case Management**. Please refer community members to the ElderLink intake line at: (703) 324-5374.

# Northern Virginia Long-Term Care Ombudsman Program

Due to COVID-19, the Ombudsman Program has continued to adapt in the following ways:

- Ombudsman staff and ombudsman volunteers are not entering long-term care facilities per state guidance.
- Ombudsman staff continue to:
  - Work remotely
  - Discuss strategies for when the Ombudsman Program re-enters long-term care facilities
  - Advocate for long-term care recipients and provide consultation to long-term providers via phone and email
  - Remain informed and enhance their knowledge and skills on the evolving regulations and guidelines related to COVID-19 and long-term care services via webinars, readings, and consultations with relevant entities
- Ombudsman Program presented an overview of the Ombudsman Program and Ombudsman Program's activities during COVID-19 on separate occasions to the Regional Older Adults Facility Mental Health Support Team and Fairfax County's Long-Term Care Coordinating Council. Additionally, the Ombudsman Program presented an overview of the Ombudsman Program to Arlington County's Long-Term Care Committee.
- Ombudsman Program contributes a monthly short piece on the topic of long-term care in the "Golden Gazette," Fairfax County's monthly newspaper for older adults. January's topic was on compassionate care visits in long-term care facilities.
- Ombudsman Program published the January-March 2021 issue of the Ombudsman Program's quarterly e-newsletter called ***"The Update"***.
- Ombudsman Program's next virtual in-service training for Ombudsman volunteers will be in February. In-services are continuing education trainings for Ombudsman volunteers and are held every other month. In-services focus on different topics and are opportunities for Ombudsman volunteers to share their experiences and ideas.

## The Ombudsman Program Information

To subscribe to **Quarterly e-newsletter "The Update"** please visit:  
<https://www.fairfaxcounty.gov/familyservices/older-adults/subscribe-long-term-care-ombudsman-e-news>.

## How to request a virtual outreach presentation

The Ombudsman Program always welcomes the opportunity to educate the community about the program and promote quality of care and life for persons receiving long-term care services. To request a virtual outreach presentation, please contact the program via phone 703-324-5861 or by email:  
[nvltcop@fairfaxcounty.gov](mailto:nvltcop@fairfaxcounty.gov).

# Virginia Insurance Counseling and Assistance Program (VICAP)

Data that drives the work:

- Phone intakes: **132**
- Completed contact cases: **221** (Note: This number includes one-on-one contacts and is based on what has been entered as of 2/5/2021.)
- Money saved (due to Medicare Part D [prescription drug] review, Patient Assistance Programs, Medicare Part B, appeals etc.) total: **\$38,764**

Summary:

- VICAP is in the process of scheduling Medicare 101 presentations for 2021. VICAP will offer a Medicare 101 virtual presentation on the Neighborhood and Community Services Virtual Center for Active Adults on Tuesday, March 2, 2021.
- The annual Medicare Open Enrollment Period ended Monday, December 7<sup>th</sup>.
  - Medicare General Enrollment Period runs January 1st through March 31st.
  - Medicare Advantage Open Enrollment Period runs January 1st through March 31st.

## VICAP Information

- For more information contact VICAP [dfsvicap@fairfaxcounty.gov](mailto:dfsvicap@fairfaxcounty.gov).
- **The VICAP website** features the October 2019 Medicare 101 webinar, a podcast, and an October 2020 Medicare 102 presentation. It also includes links to Medicare and COVID-19 information and a Senior Medicare Patrol Consumer Fraud Alert for COVID-19. <https://www.fairfaxcounty.gov/familyservices/older-adults/virginia-insurance-counseling-and-assistance-program>

## Volunteer Solutions

Data that drives the work:

- Inquiries to becoming a volunteer: **201**
- Potential volunteers attended orientation sessions: **27**
- Total volunteers became active in a program: **2**
- IT-On call referrals: **0**
- New client referrals: **4** (virtual social visiting and yardwork requests)
- Facebook Followers: **1,782**
- On January 6<sup>th</sup>, 2021, Volunteer Solutions' Regional Volunteer Coordinators hosted a second volunteer social hour for active Volunteer Solutions' volunteers.
- On January 28<sup>th</sup>, thanks to Adult & Aging's Disability Rights & Resources, **34** volunteers received training on "Disability Etiquette."

## Upcoming Events Involving Volunteer Solutions:

- 50+ Employment Expo (virtual)- **February 5<sup>th</sup>, 2021, and May 7<sup>th</sup>, 2021**. Learn more here: <https://accessjca.org/employment-expos/>

Check out the **Volunteer Solutions Caring Community Updates** to stay up to date on the latest happenings to include Volunteer Spotlights, upcoming events, and more:

<https://www.fairfaxcounty.gov/familyservices/older-adults/volunteer-solutions/caring-community-e-news>

Check Volunteer Solutions out on **Facebook**:

<https://www.facebook.com/fairfaxcountyvolunteersolutions>

## Aging Disability Caregiver Resource Intake Line Statistics January 2021

<b>Nutrition/MOW</b>	<b>237</b>
<b>APS, Reports Received</b>	<b>230</b>
<b>Adult Services Referrals Sent</b>	<b>129</b>
<b>CCC+/ALF screenings, info only</b>	<b>128</b>
<b>ADCR Consultation</b>	<b>89</b>
<b>Medical/Dental (Please note COVID calls are included here, big jump)</b>	<b>89</b>
<b>Benefits</b>	<b>82</b>
<b>APS, info only</b>	<b>71</b>
<b>Adult Services, info only</b>	<b>52</b>
<b>Housing</b>	<b>44</b>
<b>Transportation</b>	<b>35</b>
<b>Home Based Care, Info Only</b>	<b>35</b>
<b>Coordinated Services Planning</b>	<b>35</b>
<b>Home Care Registry</b>	<b>30</b>
<b>VICAP</b>	<b>30</b>
<b>Burial/Cremation</b>	<b>29</b>
<b>Legal Services</b>	<b>18</b>
<b>N2N Grocery and Medication Pick UP</b>	<b>18</b>
<b>Employment/Training</b>	<b>16</b>
<b>Assisted Living</b>	<b>15</b>
<b>Home Repair</b>	<b>12</b>
<b>Nursing Home</b>	<b>11</b>
<b>Disability Services</b>	<b>11</b>
<b>Health and Wellness Programs</b>	<b>11</b>
<b>Durable Medical Equipment</b>	<b>10</b>
<b>ElderLink</b>	<b>10</b>
<b>Tax Administration</b>	<b>9</b>
<b>Financial</b>	<b>8</b>
<b>Mental Health/Substance Abuse</b>	<b>8</b>
<b>Volunteer</b>	<b>7</b>
<b>Social Security</b>	<b>6</b>
<b>Other</b>	<b>6</b>
<b>Ombudsman</b>	<b>6</b>
<b>Golden Gazette</b>	<b>5</b>
<b>Respite</b>	<b>2</b>
<b>Intellectual Disability Resources</b>	<b>2</b>
<b>Fuel/Cooling Assistance/Fan Care</b>	<b>2</b>
<b>Domestic Violence/Victim Witness</b>	<b>2</b>
<b>Environmental Services</b>	<b>2</b>
<b>Adult Day Healthcare</b>	<b>1</b>
<b>Caregiver Support</b>	<b>1</b>
 <b>TOTAL</b>	 <b>1,544</b>