

Area Agency on Aging Highlights for December 2021

Fairfax County Services for Older Adults | Family Services
Golden Gazette | Family Services (fairfaxcounty.gov)

Legislative and Boards

Highlights

Board of Supervisors Public Hearing to Amend and Expand Eligibility for the County's Senior Real Estate Tax Relief Program for Age and Income Qualified Individuals –is available at December 07, 2021 Board of Supervisors Meeting (fairfaxcounty.gov)

- On December 7, 2021, Commission on Aging (COA) Chair Cathy Cole provided COA testimony at the Board of Supervisors Public Hearing to Amend and Expand Eligibility for the County's Senior Real Estate Tax Relief Program for Age and Income Qualified Individuals. Tax relief was last updated in 2006. The Board of Supervisors voted unanimously to approve expanded real estate tax relief eligibility for older adults and people with disabilities, for age and income qualified individuals. This change raises the income and net worth eligibility limits for real estate tax relief beginning January 1, 2022.
- The Fairfax Area Commission on Aging (COA) will meet virtually on Wednesday, January 19th. Adult & Aging Division/Dept. of Family Services staff will present about Adult Protective Services and Guardianship. The COA will continue discussion about their SWOT analysis to support the SHAPE the Future of Aging Plan development.

Virginia Insurance Counseling and Assistance Program (VICAP)

- Data that drives the work:
 - Phone intakes: **156**
 - Completed contact cases: **334** (Note: This number includes one-on-one contacts and is based on what has been entered as of 1/3/2022.)
 - Money saved (due to Medicare Part D (prescription drug) review, Patient Assistance Programs, Medicare Part B, appeals etc.) total: **\$79,838.**
 - Number of Events/Presentations: **0**

VICAP Information

- For more information, contact VICAP dfsvicap@fairfaxcounty.gov
 - **The VICAP website** features the October 2021 Medicare 101 and Medicare 102 presentation webinars, and a podcast. 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>
- The DFS VICAP email account was created as another way for individuals to contact the VICAP office. The email address is dfsvicap@fairfaxcounty.gov.
 - The annual Medicare Open Enrollment Period was October 15th through December 7th.
 - Medicaid Commonwealth Coordinated Care Plus (CCC Plus) open enrollment was October 1st through December 31st.
 - Medicaid Medallion 4.0 open enrollment was November 1st through December 31st.

- Federal Employees Health Benefits Program (FEHBP) open enrollment was November 8th through December 13th.
- TRICARE (military) open enrollment season was November 8th through December 13th.
- Federal Marketplace/Affordable Care Act (ACA) open enrollment ends January 15th.
- Medicare General Enrollment Period is January 1st through March 31st.
- Medicare Advantage Open Enrollment Period is January 1st through March 31st.
- VICAP's client base is **185,000** county residents. VICAP is staffed by **2** full-time employees and some volunteers, and is hiring for a part-time position.

Volunteer Solutions

- Data that drives the work:
 - Inquiries to becoming a volunteer: **82**
 - Total volunteers became active in a program: **5**
 - New client referrals: **11**
 - IT On Call referrals: **2**
 - Facebook Followers: **1,868**
- The Adult and Aging Holiday Project, managed by Volunteer Solutions, provided **193** Adult and Aging clients and their pets a holiday gift bag. Department of Family Services staff as well as **10** Volunteer Solutions' volunteers assisted with the delivery of the holiday gifts.
- On December 6th, 2021, the Volunteer Solutions' Planning Coordinator hosted a 50+Community Ambassador meeting. 50+Community Ambassadors were presented with an overview of Adult Protective Services. **Sixteen** 50+Ambassadors were in attendance.
- On December 10th, 2021, Volunteer Solutions' Process and Partnership Coordinator presented an overview of the IT On Call Program to the Long-Term Care Coordinating Council (LTCCC) Technology Committee. **Ten** LTCCC committee members were in attendance.

Upcoming Events Involving Volunteer Solutions:

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>

Nutrition: Meals on Wheels

- The Nutrition Unit continues to provide MOW services to eligible adults over age 60 or adults over age 18 with disabilities who elect to self-quarantine due to the pandemic.

Nutrition: Congregate Meals

- The Congregate Nutrition Program continues to provide nutritious meals and opportunities for socialization and recreation to county residents aged 60 and over at Fairfax County Senior Centers and Adult Day Health Centers.
- The Congregate Nutrition Program, along with the Home Delivered Nutrition program, filmed segments for Channel 16's Mature Living program in December 2021. Additionally, Channel 16 filmed and interviewed Congregate Nutrition participants from Sully and Herndon Senior Centers in late Dec 2021. The segment should air sometime in 2022.
- The Pimmit Hills Senior Center is reopening in early January 2022.

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

- Caregiver Support.
 - The 2022 ElderLink Caregiver Support Call schedule has been finalized and includes guest speakers from the Department of Family Services, Cherry Blossom PACE, and Inova Health System.
 - ElderLink Caregiver Support Call Upcoming calls:
 - Tuesday 01/11, *Maintaining Relationships While Caregiving*
 - Tuesday 02/08, *You Are Not Alone! Guest Speaker to Highlight Fairfax County Family Caregiver Support Programs*
 - ElderLink will continue its collaboration with the Rosalynn Carter Institute for Caregivers into 2022. The 1st virtual offering of *Caring for You, Caring for Me* has been scheduled for February.
- Health and Wellness.
 - ElderLink's 1st Chronic Disease Self-Management class of 2022 has been scheduled for Mondays 01/24-03/07, 10:30am-12:30pm.

ElderLink Services and Events

- For online registration to participate in **ElderLink's Caregiver Support Call**, sessions held via Zoom, please visit: www.tinyurl.com/CaregiverTSG or call the ElderLink intake line (703) 324-5374.
- To register in **ElderLink's 1st Chronic Disease Self-Management**, visit: <https://tinyurl.com/CDSMP123> or contact Dianne Duke at 703-324-7721 or Dianne.duke@fairfaxcounty.gov
- ElderLink is still accepting **referrals** for all programs, including **options for Caregiver Support, Health and Wellness Classes, and Case Management Services**. Please refer community members to the ElderLink intake line at: (703) 324-5374.

Caregiver

- From March to November 2021, the caregiver unit offered 21 educational webinars, including caregiver webinars, health & wellness workshops, panel conversations, and Spanish caregiver webinars. A total of **586** people have attended those programs, and there has been a total of **1,915** views of the recordings.
- During the month of **December 9** Caregiver Alert Notifications were sent via email, text messages, and voice communication methods. The notifications contained information on free smoke alarms, assistance paying for emergency transportation services, Covid-19 at home tests, local holiday events, mental health trainings, Dementia Friend information sessions, and the Caregiver Telephone Support Call. Currently, there are **860** subscribers.
- The caregiver column for the Golden Gazette included a message about Caregiving During the Holiday Season, which included 3 tips to handle the stress of the season: acknowledge your own feelings, create new memories, and talk to your health care providers. It also included information on Caregiver Consultations, Virtual Social Visitor Program for Family Caregivers, Fairfax Caregiver Alert Notifications, and Military in the Arts Initiative (WMAI).
- The monthly Caregiver Webletter was emailed this month to **694** people. The Webletter contained information on how to Stay Safe from COVID-19 this Holiday Season, Caregiver Telephone Support Call, Caregiver Stroke support Group, Making Informed Investing Choices and Avoiding Scams, Intergenerational 3D Paper Snowflakes program, Reston Community Center Community Events, Holiday Programs and Activities, Caregiver Alert Notifications, Ongoing programs: Dementia Friendly Training Session and the playlist of caregiver webinars.
- In November, the caregiver unit received **4** phone calls from family caregivers seeking information about educational programs, support groups, and other supportive services in Fairfax.
- In December, a staff member presented at the BOLD Public Health Center of Excellence on Dementia Caregiver webinar about *Caregiver Identification: Strategies for Advancing Person-Centered Dementia Care Across Setting*. The Fairfax Caregiver Alert Notifications Program was highlighted as an innovative model. **285** people attended the webinar.
- In December, a staff member presented at the USAging webinar on the Fairfax Caregiver Alert Notification Programs and provided an overview of the program, which received a 2021 Aging Innovations Award from N4A under the caregiver category. **31** people attended the webinar.
- In December, a staff member provided information to **2** Assisted Living Facilities in Fairfax County about family caregiver programs, resources, Aging, Disability, & Caregiver Resources (ADCR) grip cards, Golden Gazettes and Aging Well publication for the public.
- 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. Currently, The Fenwick Foundation is providing access to virtual and in-person events to holiday events, holiday light shows, live music events, plays, ballets, circuses and more. The program accepts referrals from the Department of Family Services, adult day health centers, and other county programs. The program currently has **27** participants

Caregiver Important Information

To access a **playlist of 2021 Caregiver webinars**:
<https://bit.ly/PlayListCaregiverWebinars>

Caregiving Around the Clock are available at:
<https://bit.ly/National-CaregiversMonth>.

- Caregiver staff attended the December Dementia Friendly Fairfax (DFF) task force meeting and co-hosted a Dementia Friends Information Session on December 11th for **3** community members. Staffshared Fairfax AAA resources.
- Senior Express provided **25** round-trip rides to 11 unduplicated clients, and **54** hours of respite to their family caregivers for the month of November.
- The Covid Grocery & Medication Assisted Transportation program provided **10** round-trip rides to **6** unduplicated clients for the month of November.
- The Discretionary Funds, which provide durable medical equipment and adaptive equipment to clients who need financial help, aided **1** client/caregiver, providing **10** items in November.
- The Residential Repair & Renovation Program (R&R) helps seniors 60 years of age or older remain safely in their home by providing home repairs and modifications. R&R completed **two** jobs in December – installation of a new boiler and installation of a hand-held showerhead. Currently, there are four R&R jobs in process – a new furnace with masonry work, installing grab bars and fixing a faucet, and plumbing work and electrical work to help a client bring their home up to code.
- The Occupational Therapist (OT) Consultation Program sends out an OT to perform a home safety evaluation for A&A clients who have a need for such an evaluation. There were **three** clients who received an in-home evaluation in December.

Northern Virginia Long-Term Care Ombudsman Program

- Ombudsman staff and ombudsman volunteers continue to conduct onsite visits to nursing facilities and assisted living facilities, though some volunteers have decided to pause their visits during the increased COVID cases.
- Ombudsman Program's next virtual in-service training for ombudsman volunteers is scheduled for Feb 24. 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.
- Ombudsman Program contributes a monthly short piece on the topic of long-term care in Fairfax County's monthly newspaper for older adults called the "Golden Gazette". December's piece was an overview of the Long-Term Care Ombudsman Program services.
- Ombudsman Program staff provided an overview of the program and resident's rights to the NVCC Nurse Aid Program on December 15. This provides valuable information to students training to be certified nursing assistants before they work with patients or residents in healthcare facilities.
- Ombudsman Program published the January-March 2022 issue of the Ombudsman Program's quarterly e-newsletter called "The Update", which can be subscribed at the following:
<https://www.fairfaxcounty.gov/familyservices/older-adults/subscribe-long-term-care-ombudsman-e-news>.

The Ombudsman Program information

- New ombudsman volunteers from 3-Day Fall 2021 New Ombudsman Volunteer Training continue to be "placed" throughout long-term care facilities in Northern Virginia. If you are interested and/or know of anyone interested in becoming an **ombudsman volunteer to advocate for residents in long-term care facilities**, please contact the Ombudsman Program via phone 703-324-5861 or email nvltcop@fairfaxcounty.gov.

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 an online or in-person outreach presentation, please contact the program via phone 703-324-5861 or by email: nvltcop@fairfaxcounty.gov.

Aging Disability Caregiver Resource Intake Line Statistics December 2021

APS, Reports Received	264
Nutrition/MOW	228
ADCR Consultation	172
Adult Services Referrals Sent	148
CCC+/ALF screenings, info only	129
APS, info only	127
Adult Services, info only	114
Benefits	85
Housing	58
Home Based Care, info only	37
Transportation	31
Coordinated Services Planning	30
Medical/Dental	26
Home Care Registry	25
VICAP	23
Legal Services	23
Burial/Cremation	20
Nursing Home	18
Mental Health/Substance Abuse	16
Assisted Living	15
Elderlink	13
Financial	13
Home Repair	13
Other	13
Disability Services	12
Social Security	12
Durable Medical Equipment	11
Employment Training	9
Ombudsman	9
Volunteer	9
Caregiver Support	7
Environmental Services	7
Adult Day Healthcare	7
Senior Centers/Recreation	6
Health and Wellness Programs	4
Intellectual Disability Resources	4
Golden Gazette	4
Fuel/Cooling Assistance/Fan Care	4
Tax Administration	3
Domestic Violence/Victim Witness	1
Respite	1

TOTAL

1,751