

Area Agency on Aging Highlights for February 2022

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

Legislative and Boards

Highlights

- For more **Community Assessment Survey for Older Adults (CASOA)** information, and videos in multiple languages, please visit [Community Assessment Survey for Older Adults: Help Plan for a More Aging Friendly Community | Topics \(fairfaxcounty.gov\)](#)

- The Fairfax Area Commission on Aging (COA) will meet virtually on Wednesday, March 16th. Colin Brody, Assistant Public Health Emergency Management Coordinator/Health Department, will present a Covid-19 update. The COA will review information-gathering approaches to support SHAPE the Future of Aging Plan development and will discuss COA budget testimony for the BOS FY 2023 Advertised Budget hearings.
- The Community Assessment Survey for Older Adults (CASOA) is being released into the community. The data from this survey will inform our SHAPE the Future of Aging strategic plan. Randomly-selected adults – age 50 and over – will receive survey materials in the mail. Anyone who doesn't receive an official CASOA survey will have opportunity to provide feedback through public participation options which will be available later in the fall.

Virginia Insurance Counseling and Assistance Program (VICAP)

- Data that drives the work:
 - Phone intakes: **123**
 - Completed contact cases: **258**
(Note: This number includes one-on-one contacts and is based on what has been entered as of 3/1/2022.)
 - Money saved (due to Medicare Part D (prescription drug) review, Patient Assistance Programs, Medicare Part B, appeals, etc.) total: **\$27,514.**
 - 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 annual Medicare Open Enrollment Period was October 15th through December 7th.
 - *Medicare General Enrollment Period* is January 1st through March 31st.
 - *Medicare Advantage Open Enrollment Period* is January 1st through March 31st.
 - VICAP is in the process of scheduling Medicare 101 presentations for the Spring and Fall 2022. The next virtual Medicare 101 presentation will be held with NCS Virtual Center for Active Adults, Fairfax County Senior Centers on Tuesday, March 22 at 10:15am. Information on this

presentation and future events will be advertised in the Golden Gazette and Fairfax County's online Older Adults Events Calendar.

- VICAP's client base is **185,000** county residents. VICAP is currently staffed by **2.5** full-time employees and some volunteers. VICAP's recent hire for the part-time position started February 28th.

Volunteer Solutions

- Data that drives the work:
 - Inquiries to becoming a volunteer: **88**
 - Total of volunteers became active in a program: **11**
 - New client referrals: **11**
 - IT On Call referrals: **20**
 - Facebook Followers: **1,888**
- On February 10th, 2022, the Volunteer Solutions' Planning Coordinator presented an overview of Adult and Aging programs to the Shepherd's Center of Northern Virginia. There were **20** individuals in attendance in-person and virtual.
- On February 12th, 2022, the Volunteer Solutions' South County Regional Volunteer Coordinator conducted volunteer outreach at Supervisor Storck's 35th Annual Town Hall Meeting. There were **120** individuals in attendance.

Upcoming Events Involving Volunteer Solutions:

- May 26, 2022- **Older Adult Mental Health First Aid Training**, Thursday, May 26, 2022 from 9:00 a.m. -3:30 p.m. The in-person training will be conducted by the Community Services Board to Volunteer Solution's volunteers at no cost.
- 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/fairfaxcountylvolunteersolutions>

Nutrition: Meals on Wheels

- Meals on Wheels clients will receive a 5-day supply of emergency meals in March. This set of shelf-stable meals will be delivered in advance of the hurricane season and will help clients be prepared for any unforeseen disruption in service due to inclement weather or in case of emergencies.
- The Nutrition Unit continues to provide Meals On Wheels (MOW) services to eligible adults over age 60 or adults over age 18 with disabilities who elect to self-quarantine due to the pandemic.
- The Nutrition Unit is in the process of filling a vacancy due to the retirement of a case manager in late December 2021. The Nutrition Case Manager position was posted on the County website and closed February 11, 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>

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. With the reopening of the Pimmit Hills Senior Center in January 2022 and the Hollin Hall Senior Center on February 7, 2022, all Fairfax County Senior Center meal sites are now open.
- The Congregate Nutrition Program is partnering with the Department of Housing and Community Development in an RFP process for Food Services (amongst other services) at Braddock Glen Assisted Living.

Caregiver

- On Wednesday, February 9, 2022, *Our Journey: Lived Experiences of Multicultural Family Caregivers*- webinar was held. **44** people attended the webinar.
- During the month of February *Caregiver Alert Notifications* were sent via email, text messages, and voice communication methods. The notifications contained information on a Caregiver Webinar, AARP Tax Help, Bingocize programs, Live Well: Chronic Disease Self-Management, Death Café's, Kindship Reflections program, Health and Wellness programs, and the Virtual Caregiver Support Call. Currently, there are **924** subscribers.
- The caregiver column for the Golden Gazette included a message about *Making Difficult Caregiving Decisions*, tips on how to handle and make decisions, and the ADCR line. It also included information about upcoming webinar: *Our Journey: Lived Experiences of Multicultural Family Caregivers*, and information on the Community Service Board online mental health/ substance use screening.
- The monthly Caregiver Webletter was emailed this month to **706** people. The Webletter contained information on *The Joy of Using LEGO Serious Play in Caregiving*, *Our Journey: Lived Experiences of Multicultural Family Caregivers*, Elderlink's Virtual Support Call For Family Caregivers, Caring for You, Caring For Me, Diabetes Self-Management Program, Death Café, Bingo + Gentle Exercises = Bingocize®, Fairfax Library-AARP Tax Help, and dog and cat food pet pantry program.

Caregiver Important Information

- **Caregiver Webinars. Online Registration for upcoming sessions:** <https://bit.ly/CAREWEB1>
- **New Health & Wellness Workshop Series for Family Caregivers.** Online Registration: <https://bit.ly/StayingWell-123>
- New Caregiver Webinar Series for 2022 have been announced. First session, **Our Journey: Lived Experiences of Multicultural Family Caregivers** will be held on Wednesday, February 9th from noon to 1:00p.m. Online Registration: <https://bit.ly/CAREWEB1>
- To access the newly redesigned and updated caregiver webpage: [Family Caregiver Support Programs | Family Services \(fairfaxcounty.gov\)](https://www.fairfaxcounty.gov/family-caregiver-support)
- To access **Lived Experiences of Multicultural Family Caregivers** recording: <https://bit.ly/OurJourneyWebinar>
- To access a **playlist of 2021 Caregiver webinars:** <https://bit.ly/PlaylistCaregiverWebinars>
- Sign up for upcoming **Dementia Friendly Fairfax (DFF)** sessions: <https://bit.ly/DementiaFriendlyFairfax>.

- In February, staff participated in the *ElderLink Virtual Caregiver Support Call*. Staff provided information about caregiver support programs. **14** people attended the call.
- 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 live shows, music events, museums, ballets, baseball games and more. The program accepts referrals from the Department of Family Services, adult day health centers, and other county programs. The program currently has **32** participants
- Caregiver staff attended the Dementia Friendly Fairfax (DFF) task force meeting on Tuesday, February 11, 2022.
- Senior Express provided **15** round-trip rides to **11** unduplicated clients, and **42** hours of respite to their family caregivers for the month of January.
- The Covid Grocery & Medication Assisted Transportation program provided 10 round-trip rides to **8** unduplicated clients for the month of January.
- The Discretionary Funds, which provide durable medical equipment and adaptive equipment to clients who need financial help, aided **1** clients/caregivers, providing **2** items in January. There are additional requests being processed on an on-going basis.
- The Residential Repair & Renovation Program (R&R) helps seniors 60 yrs. of age or older remain safely in their home by providing home repairs and modifications. In February, we completed **3** jobs, plumbing, grab bars & a home modification, received **1** new request and have **2** in process. The job that was non hold for a new furnace was cancelled due to status change with the client.
- The Occupational Therapist (OT) Consultation Program sends out an OT to perform a home safety evaluation for A&A clients. Clients are referred to this service by their case worker. There were **2** new referrals received in February and **10** OT Consultations completed this month.
- The Chore Service Program will launch March 1, 2022. This is a new service which allows AAA to provide services for A&A clients, 60 yrs. or older, who can no longer perform these services themselves and who do not have the means to hire someone to provide the specified service(s). This service is intended to fill the gap of what Volunteer Solutions, HBC's Light Housekeeping and the Reno & Repair Programs cannot do. (Services may include Heavy Housekeeping, Yardwork, *minor* Appliance Repair and Painting (*limited*)).

ElderLink

- ElderLink is recruiting to fill a Social Worker Case Manager I position.
- Health and Wellness.
 - *Chronic Disease Self-Management*, Thursdays, 03/03-04/07, 10:30am-12:30pm, via Zoom.
 - *Chronic Pain Self-Management*, Tuesdays, 03/15-04/19, 1-3pm, in-person at Falls Church Community Center, 223 Little Falls Street.
 - *Bingocize®*, in-Person: Mondays/Wednesdays 03/21-05/25, 11am-12pm, at the Vienna Community Center, 120 Cherry St. SE
 - *A Matter of Balance*, a Virtual AMOB class has been requested by parishioners at Messiah United Methodist Church in Springfield and will run 03/04-04/29.
- Caregiver Virtual Support Call.
 - *How Do We Manage Difficult/Challenging Behaviors of Those with Memory/Cognitive Impairments?* Tuesday, 03/08, 7-8pm, via Zoom.
 - *Guest Speaker: Managing Advanced Care Planning and End of Life Decisions*, Monday, 04/12, 7-8pm, via Zoom.

ElderLink Services and Events

- To register in **Chronic Disease Self-Management** and/or **Chronic Pain Self-Management**, please contact Dianne Duke (703) 324-7721, or visit www.tinyurl.com/CDSMP123.
- To register in **Bingo + Gentle Exercises = Bingocize®**, please contact Vienna Community Center, 703-255-6360 or click on link [Bingocize Registration](#).
- For online registration to participate in **ElderLink's Caregiver Virtual Support Call**, sessions held via Zoom, please visit: www.tinyurl.com/CaregiverTSG or call the ElderLink intake line (703) 324-5374.
- 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 or visit www.tinyurl.com/CaregiverTSG

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-19 cases.
- Ombudsman Program presented an overview of the Ombudsman volunteer program to the Long-Term Care Residences Liaison Committee within Arlington County's Commission on Aging. The committee advises the Arlington County Board on issues related to long-term care residents in Arlington. They seek to enhance the quality of care and quality of life in long-term care residences and support access, availability, and affordability in such residences.
- Ombudsman Program's virtual in-service training for Ombudsman volunteers in February was on mental health needs and supports related to residents of long-term care facilities. Next in-service is scheduled for March. 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". February's

piece was on the right to receive individualized care for persons receiving long-term care services.

The Ombudsman Program information

- Ombudsman Program started recruiting prospective Ombudsman volunteers for the 3-Day Spring 2022 New Ombudsman Volunteer Training scheduled for March 21st, 23rd, and 31st (rain date on April 1st). Trainings are held twice a year (spring and fall) and are mandatory for prospective Ombudsman volunteers. 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 February 2022

ADCR Consultation	255
APS, Reports Received	253
Nutrition/MOW	218
Adult Services Referrals Sent	184
CCC+/ALF screenings, info only	172
APS, info only	104
Benefits	95
Adult Services, info only	86
Housing	57
Transportation	48
Home Based Care, Info Only	40
Burial/Cremation	37
Home Care Registry	33
Mental Health/Substance Abuse	28
Coordinated Services Planning	26
Assisted Living	22
Employment/Training	17
Legal Services	14
Home Repair	13
Other	13
Social Security	12
Elderlink	11
Nursing Home	11
Ombudsman	11
Financial	9
Medical/Dental	9
Tax Administration	9
Durable Medical Equipment	8
Senior Centers/Recreation	7
Disability Services	6
Environmental Services	6
Police Emergency/Non-emergency	4
Health and Wellness Programs	4
Volunteer	4
Caregiver Support	2
Domestic Violence/Victim Witness	2
Respite	2
Intellectual Disability Resources	1
Fuel/Cooling Assistance/Fan Care	1
Adult Day Healthcare	1
TOTAL	1, 835