

Area Agency on Aging Highlights for May 2022

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

Legislative and Boards

Highlights

- To access the **Board of Supervisors (BOS) Proclamation of May as Older Americans and Adult Abuse Prevention Month** and **BOS Recognition of 50+ “Shark Tank” Assistive Technology Challenge Winners** recordings, view agenda items 3 and 4 here: [May 24, 2022 Board of Supervisors Meeting \(fairfaxcounty.gov\)](#)

- The Fairfax Area Commission on Aging (COA) will meet virtually on Wednesday, June 15th. Jewish Council for the Aging staff will present information related to the 50+ Employment Expo and economic stability and planning. The COA will continue discussion about their analysis to support the SHAPE the Future of Aging Plan development.
- On May 17th, Northern Virginia Aging Network (NVAN) participants voted for legislative and budget priorities for the 2023 NVAN legislative platform.

Virginia Insurance Counseling and Assistance Program (VICAP)

- Data that drives the work:
 - Phone intakes: **109**
 - Completed contact cases: **284** (Note: This number includes one-on-one contacts and is based on what has been entered as of 6/1/2022.)
 - Money saved (due to Medicare Part D (prescription drug) review, Patient Assistance Programs, Medicare Part B, appeals, etc.) total: **\$24,274.**
 - Number of Events//Presentations: **3**

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>
- VICAP has scheduled Medicare 101 presentations for the Spring and Fall 2022. Medicare 101 presentations will be held at the Tall Oaks Assisted Living on Thursday, June 2, 2022, and in a hybrid presentation with Tysons-Pimmit Regional Library on Tuesday, June 7, 2022. Registration is required. Information on these presentations and future events will be advertised in the Golden Gazette, Fairfax County’s online Older Adults Events Calendar, and the VICAP website.

- VICAP's client base is **185,000+** county residents. VICAP is currently staffed by **2.5** full-time employees and some volunteers.
-

Volunteer Solutions

- Data that drives the work:
 - Inquiries to becoming a volunteer: **114**
 - Total of volunteers became active in a program: **8**
 - New client referrals: **28**
 - Facebook Followers: **1,889**
- In honor of Older American's Month, Volunteer Solutions's staff and volunteers assisted Adult and Aging clients with cleaning, decluttering, and yard work during Helping Hands projects. A total of **13** referrals were accepted. To date, **6** volunteers have assisted **5** clients and contributed **18.5** hours.
- On May 2nd, Volunteer Solutions' staff presented an overview of the Companion Pet Program to **6** participants Virtual Center for Active Adults (VCAA) participants.
- On May 18th, IT-On Call volunteer, Penny Mickens, provided technical support to **62** attendees of the Caregiver webinar *Understanding Stroke*.
- On May 22nd, the Volunteer Solutions' recruitment coordinator provided Adult and Aging resources to **120** attendees at the Vienna Wellness and Safety Fair.
- On May 26th, the Community Services Board facilitated an in-person Mental Health First Aid Adults training to **11** Volunteer Solution's volunteers.

Volunteer Solutions Information:

- 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: bit.ly/CCUPDATES
- Check Volunteer Solutions out on **Facebook**: bit.ly/VSFACEBOOK

Nutrition: Meals on Wheels

- Meals on Wheels (MOW) participants received a Customer Satisfaction Survey to complete during the month of May. Along with the survey, MOW participants also received flyers promoting the Volunteer Solutions' Companion Pet Program and the County's Nutritional Counseling program. These flyers provide information about available services and contact information to connect participants with volunteers in our community or to gain access to the County's dedicated Dietitian for Nutritional Counseling.

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>

- 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.

- The Nutrition Unit welcomes Alison Banks to the team as a Social Services Specialist II. Alison joined the Nutrition Unit on Monday, May 23rd and fills the vacancy that was left due to a retirement.

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 RFP process for Braddock Glen Assisted Living Property Management and Food Services is complete and a contract has been awarded to Sunrise Senior Living Management. The contract start date is July 1, 2022.

Caregiver and Support Services

- On Wednesday, May 18, 2022, *Understanding Stroke* we held. **62** people attended the webinar.
- On Friday, May 27, 2022, *Faith & Spirituality in the Caregiving Journey A Panel Conversation*-webinar was held. **40** people attended the webinar.
- New Panel Conversation, *Home Safety Education Panel* has been scheduled for Friday, July 1, from 2:00p.m. to 3:30p.m.
- During the month of May, **9** Caregiver Alert Notifications were sent via email, text messages, and voice communication methods. The notifications contained information on a Caregiver Webinar, Virtual Chair and Yoga, Caregiver Panel Faith and Spirituality in the Caregiving Journey, Dementia Friends Information Session, Chronic Disease Self-Management Program Workshop Series, Virtual Diabetes Self-Management Program, Virtual A Matter of Balance and the Virtual Caregiver Support Call. Currently, there are **982** subscribers.
- The caregiver column for the Golden Gazette included a message about Learning to Accept Help; information on the upcoming caregiver webinars and panel conversation: Understanding Stroke, Faith and Spirituality in the Caregiving Journey: A Panel Conversation; and Miscommunication or Missed Communication? The Challenges of Hearing Loss for Caregivers and Healthcare Professionals.
- The monthly Caregiver Webletter was emailed this month to **980** people. The Webletter contained information on upcoming Faith and Spirituality in the Caregiving Journey- A Panel Conversation, Understanding Stroke, Dementia Friends Information Session, Elderlink's Virtual Support Call For Family Caregivers- Therapeutic Fibs: Is It OK to Shade the Truth? Caregiver Support Group, Virtual A Matter of Balance, Are you interested in low-cost Cable and Internet? Fairfax County Master Gardeners Plant Clinic, and Caregiver Alert Notifications.

Caregiver Important Information

- To access the **Understanding Stroke** recording: <https://bit.ly/UnderstandingStroke2>
- **Caregiver Webinars. Online Registration for upcoming sessions:** <https://bit.ly/CAREWEB1>
- To access the **caregiver webpage: Family Caregiver Support Programs | Family Services** (fairfaxcounty.gov)
- Sign up for upcoming **Home Safety Education Panel:** <https://bit.ly/AAAPanel>
- Sign up for upcoming **Dementia Friendly Fairfax** (DFF) sessions: <https://bit.ly/DementiaFriendlyFairfax>

- In May, caregiver support staff provided an in-person presentation at the National Reconnaissance Office. Information about Helpful Tips for Long-Distance Caregiving was provided, as well as information about resources and programs for caregivers. **30** caregivers were in attendance.
- 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, virtual programs and more. The program accepts referrals from the Department of Family Services, adult day health centers, and other county programs. The program currently has **34** participants.
- Caregiver staff attended the May Dementia Friendly Fairfax (DFF) task force meeting on Tuesday, May 24, 2022. Caregiver staff and Diane Watson, Commission on Aging, conducted Dementia Friend Information sessions on May 10, 2022 (**13** participants) and partnered with the Fairfax Library to provide a session on May 21, 2022 (**5** participants).
- Senior Express provided **21** round-trip rides to **12** unduplicated clients, and **42** hours of respite to their family caregivers for the month of April.
- The Covid Grocery & Medication Assisted Transportation program provided **4** round-trip rides to **4** unduplicated clients for the month of April.
- The Discretionary Funds, which provide durable medical equipment and adaptive equipment to clients who need financial help, aided **1** client/caregiver, providing **4** items in April.
- The Residential Repair & Renovation Program (R&R) helps older adults 60 yrs. of age or older remain safely in their home by providing home repairs and modifications. In May, **1** referral was received, **8** are in process, and **5** have been completed. Pending completion are grab bars, handrail, painting 2nd floor condo exterior, reinsulating a fridge door, shower remodel, and installation of a thermostat to help a client with disabilities remain independent.
- 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 **4** new referrals received in May, and **6** consultations were completed.
- The Chore Service Program launched 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*), Many inquiries continue to come in and **4** are viable and in process. (All have been for decluttering & deep cleaning.) One of the jobs in process for deep cleaning will assist a client who is at risk for eviction. A deep cleaning job was cancelled due to death of the client.

ElderLink

- ElderLink Staff updates
 - ElderLink is in the hiring process for a Social Worker Case Manager I position.
- Health and Wellness.
 - *Chronic Disease Pain Management Training.* Upcoming Class In-person at Centreville Regional Library, Thursdays, 06/09-07/14, 10:30am-12:30pm
 - *Diabetes Self-Management.* Upcoming class on Thursdays, 06/09-07/14, 2-4pm, via Zoom.
 - *A Matter of Balance.* A virtual AMOB class is being offered through Reston Community Center, Wednesdays, 06/01-07/27, 1-3pm.
 - *A Matter of Balance.* Upcoming Class at SpringHill in Lorton is hosting an in-person class, Mondays, 06/27-08/29, 10am-12pm.
- Caregiver Support.
 - Virtual Support Call for Caregivers of Older Adults, 7-8pm, via Zoom. Upcoming calls:
06/14, *Guest Speaker from Cherry Blossom PACE.*
07/12, *Open Forum.*

ElderLink Services and Events

- To register in **Chronic Disease Self-Management**, please contact Dianne Duke, 703-324-7721, or visit <https://tinyurl.com/CDSMP123>
- To register in **Diabetes Self-Management** please contact Dianne Duke, 703-324-7721, or visit www.tinyurl.com/DSMP123
- To register in **Virtual Support Call for Caregivers of Older Adults**, please contact ElderLink intake line, (703) 324-5374, or visit www.tinyurl.com/CaregiverTSG
- 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.

Northern Virginia Long-Term Care Ombudsman Program

Ombudsman Staff were awarded the Fairfax County's Department of Family Services' "This is Us" team award! "This is Us" award recognizes individual employees and teams who embody the department's values of people-focus, equity, accountability, partnership, and innovation in the execution of their roles and responsibilities.

Ombudsman staff attended the Virginia Coalition for the Prevention of Elder Abuse's (VCPEA) 26th Annual Conference, which is the only statewide conference focusing on adult abuse, neglect, and exploitation. VCPEA is a leader in promoting awareness and training on behalf of Virginia's abused, neglected, and exploited adults.

Ombudsman Program participated in Vienna Parks and Recreation's Wellness and Safety Expo to promote awareness of the Ombudsman Program. The expo offered older adults medical screenings and educational opportunities from local vendors providing a wide range of resources to enhance physical and mental wellbeing.

Ombudsman Program's virtual in-service training for ombudsman volunteers in May was on the topic of wound care and was presented by a nurse from Inova Health System. Next in-service is scheduled for July. 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." May's piece was visitation in long-term care facilities.

The Ombudsman Program Information

- New Ombudsman Volunteers from the 3-Day Spring 2022 New Ombudsman Volunteer Training continue to be "placed" throughout different long-term care facilities in Northern Virginia. 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 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 Statistics May 2022

APS, Reports Received	264
Adult Services Referrals Sent	197
ADCR Consultation	182
Nutrition/MOW	180
CCC+/ALF screenings, info only	149
APS, info only	98
Adult Services, info only	97
Housing	71
Benefits	58
Coordinated Services Planning	34
Home Care Registry	32
Burial/Cremation	29
Legal Services	29
VICAP	27
Home Based Care, Info Only	25
Transportation	24
Elderlink	21
Nursing Home	18
Mental Health/Substance Abuse	15
Home Repair for the Elderly	12
Disability Services	12
Medical/Dental	10
Assisted Living	9
Employment/Training	9
Environmental Services	8
Other	8
Ombudsman	7
Volunteer	7
Social Security	6
Durable Medical Equipment	5
Senior Centers/Recreation	5
Adult Day Healthcare	4
Financial	3
Respite	3
Health and Wellness Programs	3
Golden Gazette	3
Tax Administration	2
Intellectual Disability Resources	2
Fuel/Cooling Assistance/Fan Care	2
Domestic Violence/Victim Witness	2
Caregiver Support	1

TOTAL

1,673