

Area Agency on Aging Highlights for June 2022

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

Legislative and Boards

Highlights

- **Fairfax COA chairs the NVAN meeting on July 19th** – Please join from PC, Mac, Linux, iOS or Android:
<https://uso6web.zoom.us/j/88667984936>
Password: NVAN-1234!

Irv Katz, Senior Fellow, will present about the work of Generations United,
<https://www.gu.org/>

- The Fairfax Area Commission on Aging (COA) will meet virtually on Wednesday, July 20th. Staff from the Department of Neighborhood and Community Services will share their expertise in a discussion about access to mobility options. Area Plan update/waivers will also be presented.
- Save the Date:
Northern Virginia Aging Network (NVAN)
Legislative Breakfast
Friday, September 30, 2022
Country Club of Fairfax

Virginia Insurance Counseling and Assistance Program (VICAP)

- Data that drives the work:
 - Phone intakes: **135**
 - Completed contact cases: **253**
 - Money saved (due to Medicare Part D (prescription drug) review, Patient Assistance Programs, Medicare Part B, appeals, etc.) total: **\$24,294.**
 - Number of Events//Presentations: **2**
- In collaboration with Channel 16, a *Medicare Open Enrollment Season* presentation has been scheduled for September 1 taping on Mature Living Program.

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 **18** Medicare 101 presentations for Fall 2022. Upcoming Medicare 101 presentations include virtual, hybrid, and in-person presentations in October. 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 **1.5** full-time employees and some volunteers. Down one position to be filled.

Volunteer Solutions

- Data that drives the work:
 - Inquiries to becoming a volunteer: **136**
 - Total of volunteers became active in a program: **4**
 - New client referrals: **15**
 - Facebook Followers: **1,889**
- In honor of Older American's Month, Volunteer Solutions' 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, **9** volunteers have assisted **7** clients and contributed **46.5** hours.
- On June 4th, Volunteer Solutions' South Fairfax County Volunteer Coordinator provided Adult and Aging resources to **73** attendees at the Gum Springs Community Center event.
- On June 24th, Volunteer Solutions' South Fairfax County Volunteer Coordinator and Planning Coordinator received the Team Excellence Award for their participation in the Health and Human Services Afghan Newcomers Coordinating Team.
- On June 27th, Volunteer Solutions Planning Coordinator presented an overview of Adult and Aging Services and outreach programs to the Health Department Outreach team. **22** individuals were in attendance.

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/VSFACBOOK

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.
- Congregate Nutrition meal sites were provided with annual satisfaction surveys in June 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>

Caregiver and Support Services

- On Wednesday, June 15, 2022, *Caring for a Loved One with Cancer*: was held. **42** people attended the webinar.
- On Saturday, June 18, 2022, *Intergenerational Kundalini Yoga class*- workshop was held. **10** people attended the webinar.
- On Saturday, June 25, 2022, *From Me to You Intergenerational Drama* workshop was held. **2** people attended the webinar.
- During the month of June, **8** Caregiver Alert Notifications were sent via email, text messages, and voice communication methods. The notifications contained information on a Caregiver Webinars, Intergenerational Workshop programs, Caregiver Support groups, Stroke Support groups and the Virtual Caregiver Support Call. Currently, there are **991** subscribers.
- The caregiver column for the Golden Gazette included a message about how to manage long distance caregiving, Caring for a Loved One with Cancer- Caregiver webinar, Intergenerational Kundalini Yoga Class- Caregiver workshop, From Me to You- Intergenerational Drama Workshop, Caregiver Support Group, and Do Your Home and your Health a Favor.
- The monthly caregiver webletter was emailed this month to **1,009** people. The webletter contained information on upcoming Caring for a Loved One with Cancer Webinar, Virtual Intergenerational Kundalini Yoga Class, Virtual From Me to You Intergenerational Drama Workshop, Home Safety Education Panel, Virtual Caregiver Support Call, Caregiver Support Group, Virtual Diabetes Self-Management Program, Chronic Disease Self-Management Program Workshop Series, and Access to the playlist of caregiver webinars.
- 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 **34** participants.
- Senior Express provided **27** round-trip rides to **13** unduplicated clients, and **42** hours of respite to their family caregivers for the month of May.
- The Covid Grocery & Medication Assisted Transportation program provided **6** round-trip rides to **3** unduplicated clients for the month of May.
- The Discretionary Funds, which provide durable medical equipment and adaptive equipment to clients who need financial help, aided **4** clients/caregivers, providing **15** items in May.

Caregiver Important Information

- To access the **Caring for a Loved One with Cancer** recording: <https://bit.ly/CancerCaregiverWebinar>
- To access the **Intergenerational Kundalini Yoga** recording: <https://bit.ly/CaregiverYoga>
- To access the **From Me to You Intergenerational Drama** recording: <https://bit.ly/CaregiverDramaClass>
- **Caregiver Webinars. Online Registration for upcoming sessions:** <https://bit.ly/CAREWEB1>
- To access the **caregiver webpage:** [Family Caregiver Support Programs | Family Services \(fairfaxcounty.gov\)](https://www.fairfaxcounty.gov/family-caregiver-support)
- 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>

- The Residential Repair & Renovation Program helps seniors 60 yrs. of age or older remain safely in their home by providing home repairs and modifications. In June, **2** jobs were completed and **1** was scheduled. Painting of a 2nd floor exterior, installation of grab bars and handheld showerhead were completed. Installation of an ADA Thermostat will be completed soon.
- 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 **3** new referrals received in June and **4** 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). Services may include heavy housekeeping, yardwork, *minor* appliance repair and painting (*limited*). Many inquiries have been received and **2** were viable and in process (decluttering & deep cleaning). There were **2** Chore Services completed in June, both decluttering and deep cleaning. One prevented a client from being evicted from her home.

ElderLink

- ElderLink Staff updates
 - ElderLink is in the hiring process for a Social Worker Case Manager I position.
- Resource Sharing.
 - Join an ElderLink Case Manager for a resource sharing conversation at Olley Glen on Wednesday, 07/13, 10am-12pm.
- Health and Wellness.
 - *Chronic Disease Pain Management Training*. Class In-person at Centreville Regional Library, Thursdays, 06/09-07/14, 10:30am-12:30pm.
 - *Diabetes Self-Management*. 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*. 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: 07/12, *Open Forum*. 08/09, *The Caregiver Rollercoaster: The Lows and Highs of Caregiving*.

ElderLink Services and Events

- ElderLink provides support to older adults who need assistance coordinating their **COVID-19** vaccine/booster, including **finding a location, assistance with scheduling an appointment, and coordinating transportation**. Please contact the ElderLink intake line at: (703)-324-7374.
- 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 contact the ElderLink intake line at: (703) 324-5374.

Northern Virginia Long-Term Care Ombudsman Program

- Several ombudsman staff members were awarded Fairfax County's Outstanding Performance Awards (OPAs). OPAs provide recognition to employees who perform the duties and responsibilities of their positions in an outstanding manner and whose work is generally well above expectations.
- Ombudsman staff presented an overview of the Ombudsman Program for elder abuse awareness month at Arlington County and at Fairfax County's Teachable Tuesday training series, a staff development opportunity for Adult and Aging staff.
- Several ombudsman staff members virtually attended the Texas Volunteer Management Conference. The conference is the leading educational event for current and emerging volunteer management professionals throughout Texas and the US.
- Ombudsman volunteers will return to in-person in-service trainings starting July. Volunteers have participated in virtual in-services since the beginning of COVID-19. 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." June's piece highlighted the important role that resident councils serve at 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 June 2022

APS, Reports Received	309
Adult Services Referrals Sent	198
ADCR Consultation	256
Nutrition/MOW	227
CCC+/ALF screenings, info only	166
APS, info only	115
Adult Services, info only	153
Housing	82
Benefits	76
Coordinated Services Planning	37
Home Care Registry	35
Burial/Cremation	32
Legal Services	22
VICAP	23
Home Based Care, Info Only	47
Transportation	28
Elderlink	21
Nursing Home	19
Mental Health/Substance Abuse	24
Home Repair for the Elderly	8
Disability Services	14
Medical/Dental	8
Assisted Living	19
Employment/Training	12
Environmental Services	3
Other	18
Ombudsman	19
Volunteer	11
Social Security	11
Durable Medical Equipment	4
Senior Centers/Recreation	8
Adult Day Healthcare	3
Financial	7
Respite	2
Health and Wellness Programs	3
Golden Gazette	5
Tax Administration	2
Intellectual Disability Resources	1
Fuel/Cooling Assistance/Fan Care	7
Domestic Violence/Victim Witness	4
Caregiver Support	12

TOTAL

2,004