

Fairfax Area Agency on Aging Highlights for November 2022

Fairfax County Services for Older Adults | Family Services

Golden Gazette | Family Services (fairfaxcounty.gov)

Legislative and Boards

Highlights

- **Older Adults Roundtable Series with Supervisor Dalia Palchik: Round 2 – Transportation**

Commissioner Joe Heastie, Fairfax Area Commission on Aging Providence District Representative, served as a panelist on Supervisor Palchik's Older Adults Roundtable Series on November 15, 2022. This open discussion focused on the transportation services and various resources Fairfax County offers older adults.

[Channel 16 Video on Demand - Fairfax County, Virginia \(ebmcdn.net\)](#)

- The Fairfax Area Commission on Aging (COA) will meet on Wednesday, December 21st. Louis Nuzzo, Assistant County Attorney, will present about the Virginia Freedom of Information legislative changes relevant to Boards, Authorities, and Commissions.

- The SHAPE the Future of Aging Plan community input phase continued in November. Health Management Associates (HMA), the contracted vendor consultant for the SHAPE the Future of Aging Plan, elicited and compiled community input from four town halls, community gatherings in each magisterial district, focus groups, and key informant interviews.

Virginia Insurance Counseling and Assistance Program (VICAP)

- Data that drives the work:
 - Phone intakes: **252**
 - Completed contact cases: **569**
 - Money saved (due to Medicare Part D (prescription drug) review, Patient Assistance Programs, Medicare Part B, appeals, etc.) total: **\$299,782.45**.
 - Number of Events//Presentations: **7**

- VICAP had scheduled **18** Medicare 101 presentations for Fall 2022. Medicare 101 presentations included virtual, hybrid, and in-person presentations in November. Information of 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.

VICAP Information

- For more information, contact VICAP dfsvicap@fairfaxcounty.gov
- **The VICAP website** features the October 2022 **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>

Volunteer Solutions

- Data that drives the work:
 - Inquiries to becoming a volunteer: **87**
 - Total of volunteers became active in a program: **7**
 - New client referrals: **10**
 - Facebook Followers: **1,947**
- On November 2nd, Adult and Aging resources were provided to **70** attendees at Supervisor Storck's Senior Safety Summit.
- On November 15th – 17th, Volunteer Solutions partnered with the Nutrition unit for this year's Thanksgiving Project. **50** volunteer drivers assisted in delivering **548** Thanksgiving Shelf-Stable boxes to Adult and Aging clients.
- On November 21st, the supervisor position for Volunteer Solutions was filled by Emily Swenson.

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

- The Nutrition Unit again partnered with the following Community Based Organizations (CBOs): Western Fairfax Christian Ministries, United Community, Lorton Community Action Center, Food for Others and Cornerstones. The CBO's provided Thanksgiving shelf-stable boxes to MOW clients. Fastran buses assisted in picking-up the shelf-stable food boxes from the various CBO locations and delivering them to the current vendor for centralized delivery. Volunteer Solutions provided 50 volunteers who assisted in delivering some of the shelf-stable boxes to clients. A total of **548** Thanksgiving boxes were delivered to MOW clients.
- Meals on Wheels (MOW) clients received a 5-day supply of emergency meals in November. This set of shelf-stable meals was delivered in preparation for the winter 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 MOW services to eligible adults over age 60 or adults over age 18 with a disability.

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.
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Caregiver and Support Services

- On Wednesday, November 16, 2022, Nonpharmacological Approaches for Managing Dementia Behaviors webinar was held. **119** people attended the webinar.
- On Thursday, November 17, 2022, Celebrating National Family Caregiver Month was held. **19** people attended the webinar.
- On Friday, November 18, 2022, Veteran Family Caregivers: Exploring Unique Challenges and Resources Panel conversation was held. **18** people attended the webinar.
- On Wednesday, November 30, 2022, A Dementia Friendly Information Session was held. **12** people attended the webinar.
- During November, **10** Caregiver Alert Notifications were sent via email, text messages, and voice communication methods. The notifications contained information on Caregiver Stroke support Group, November is National Family Caregivers Month, Virtual Support Call for Family Caregivers, Nonpharmacological Approaches for Managing Dementia Behaviors, Veteran Family Caregivers: Exploring Unique Challenges and Resources, The Nutcracker Story & Short Ballet, Tai Chi Class, Mobile Crisis Unit (MCU), Dementia Friend Information Session, and Are You Caring for a Stroke Survivor? Currently, there are **1,100** subscribers.
- The caregiver column for the Golden Gazette included a message about November being National Family Caregivers' Month, caregiver webinars: Nonpharmacological Approaches for Managing Dementia Behaviors, Caregiver Panel Conversation - Veteran Family Caregivers: Exploring Unique Challenges and Resources, Virtual Dementia Friendly Information Session, and Caregiver Support Group.
- The monthly Caregiver Webletter was emailed this month to **1,186** people. The Webletter contained information that November is National Family Caregivers Month, Nonpharmacological Approaches for Managing Dementia Behaviors- caregiver webinar, Veteran Family Caregivers: Exploring Unique Challenges and Resources - Panel Conversation, virtual Caregiver Support Call- National Family Caregivers Month, Caregiver Stroke Support Group, 36th Annual Caregiver's Conference: Caregiving with Hope and Inspiration, Train Your Brain Club, SHAPE the Future of Aging Town Halls, and Caregiver Consultations.
- The 36th Annual Caregiver's Conference: *Caregiving with Hope and Inspiration* was held virtually from Wednesday, November 9 to Friday, November 11, 2022. **404** people attended the conference.

Caregiver Important Information

- To access the **Nonpharmacological Approaches for Managing Dementia Behaviors** recording: <https://bit.ly/Approaches-Dementia>
- To access the **Veteran Family Caregivers: Exploring Unique Challenges and Resources** recording: <https://bit.ly/VFCCChallengesAndResources>
- **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 **Dementia Friendly Fairfax** (DFF) sessions: <https://bit.ly/DementiaFriendlyFairfax>

- 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 **33** participants.
- Senior Express provided **22** round-trip rides to **12** unduplicated clients, and **44** hours of respite to their family caregivers for the month of October.
- The Covid Grocery & Medication Assisted Transportation program provided **7** round-trip rides to **5** unduplicated clients for the month of October.
- The Discretionary Funds, which provide durable medical equipment and adaptive equipment to clients who need financial help, assisted **3** clients with a family caregiver, providing **7** items in November. The Barbara Antley Gift Fund, for those clients with no family caregiver, aided **2** clients with **5** items in October.
- The Residential Repair & Renovation Program (R&R) helps older adults 60 years of age or older remain safely in their home by providing home repairs and modifications. In November, there were several inquiries, **1** new request and **3** were completed.
- The Occupational Therapist (OT) Consultation Program sends out an OT to perform a home safety evaluation for Adult & Aging clients. Clients are referred to this service by their case worker. There were **2** new referrals received in November and **4** were completed.
- The Chore Service Program allows AAA to provide services for Adult & Aging clients, 60 years 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).

ElderLink

- ElderLink will be recruiting fill a Social Worker Case Manager I position.
- Health and Wellness.
 - ElderLink is working on the 2023 community class schedule for Chronic Disease Self-Management, A Matter of Balance, and the Bingocize® workshop series.
 - In 2022, ElderLink provided **15** total health and wellness workshop series, serving **186** participants. 100% of the participants would recommend the workshop to a friend.
- Caregiver Support.
 - In 2022, ElderLink offered **3** Caring for You, Caring for Me workshops,

ElderLink Services and Events

- ElderLink is lending support to Adult Services, assisting with annual reassessment for home-based care services.
- To register in **Caring for You, Caring for Me**, please contact (703)-324-7577, or visit <https://tinyurl.com/CFYCFM4U>
- 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 **Caregiver Support, Health and Wellness Classes, and Case Management Services**. Please contact the ElderLink intake line at: (703) 324-5374.

serving **20** participants. 100% of participants would recommend CFYCFM to others.

- Virtual Support Call for Caregivers of Older Adults, 7-8pm, via Zoom. Upcoming calls: 12/13, ***Caregiver Self-Care and Using Humor as a Survival Tool***
ElderLink is in the process of finalizing the 2023 Support Call topics.

Northern Virginia Long-Term Care Ombudsman Program

- 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 will be on quality care in long-term care (LTC) communities and how the OP can provide education and advocate for consumers of LTC services.

The Ombudsman Program Information

- Ombudsman Program will complete a New Ombudsman Volunteer Training in March 2023. 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 November 2022

APS, Reports Received	258
Adult Services Referrals Sent	155
ADCR Consultation	127
Nutrition/MOW	136
CCC+/ALF screenings, info only	142
APS, info only	54
Adult Services, info only	92
Housing	68
Benefits	52
Coordinated Services Planning	37
Home Care Registry	33
Burial/Cremation	31
Legal Services	10
Home Based Care, Info Only	22
Transportation	42
Elderlink	22
Nursing Home	13
Mental Health/Substance Abuse	20
Home Repair for the Elderly	14
Disability Services	18
Medical/Dental	20
Assisted Living	10
Employment/Training	10
Environmental Services	4
Other	5
Ombudsman	13
Volunteer	12
Social Security	13
Durable Medical Equipment	4
Senior Centers/Recreation	5
Domestic Violence/Victim Witness	4
Adult Day Healthcare	4
Financial	6
Respite	1
Police Emergency/Non-Emergency	1
Golden Gazette	8
Tax Administration	3
Fuel/Cooling Assistance/Fan Care	2
Caregiver Support	5
Health and Wellness Programs	5

TOTAL

1,481