

# Fairfax Area Agency on Aging Highlights for December 2022

Fairfax County Services for Older Adults | Family Services  
Golden Gazette | Family Services ([fairfaxcounty.gov](http://fairfaxcounty.gov))

## Legislative and Boards

### Highlights

- Fairfax County 2023 Legislative Program was adopted by the Board of Supervisors on December 6, 2022: [2023-adopted-ga-legislative-program.pdf \(fairfaxcounty.gov\)](#)
- Northern Virginia Aging Network 2023 Legislative Platform: [Northern Virginia Aging Network | Northern Virginia Regional Commission - Website \(novaregion.org\)](#)
- The Fairfax Area Commission on Aging (COA) will meet on Wednesday, January 18, 2023. Countywide Strategic Plan staff will lead discussion about the Countywide Strategic Plan and the SHAPE the Future of Aging Plan.
- The 2023 Virginia General Assembly Session convenes on January 11, 2023.

## Virginia Insurance Counseling and Assistance Program (VICAP)

- Data that drives the work:
  - Phone intakes: **132**
  - Completed contact cases: **437**
  - Money saved (due to Medicare Part D (prescription drug) review, Patient Assistance Programs, Medicare Part B, appeals, etc.) total: **\$247,538.57**.
  - Number of Events//Presentations: **0**
- Information on future Medicare 101 presentations and 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](mailto: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: **72**
  - Total volunteers who became active in a program: **12**
  - New client referrals: **4**
  - Facebook Followers: **1,958**
- On December 3<sup>rd</sup>, Adult and Aging resources were provided to **170** attendees at Congressman Connolly's Annual Open Season Workshop. A Volunteer Solutions' volunteer supported the event.
- On December 12<sup>th</sup>, Volunteer Solutions' volunteers helped support the implementation of the Martha Glennan Awards Ceremony. The awards are presented annually to recognize people, businesses, nonprofits, government agencies, and other organizations that excel in demonstrating a commitment to promoting equal rights and community inclusion for people with disabilities in the Fairfax area and highlight how people with disabilities have significantly benefitted from their efforts. **45** individuals attended the event.
- The Adult and Aging Holiday Project, managed by Volunteer Solutions, provided **142** Adult and Aging clients and their pets a holiday gift bag. Additionally, **107** of these clients also received a gift cards (\$20 value). Family Services staff assisted with the delivery of the holiday gifts.
- On December 16<sup>th</sup>, Volunteer Solutions' 50+ Community Ambassador staff met with the Arlington Village Network's Director and newly hired Arlington County Community Ambassador Coordinator to discuss best practices and provide guidance as Arlington works to develop their own Community Ambassador program.

### 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](https://bit.ly/CCUPDATES)
- Check Volunteer Solutions out on **Facebook**: [bit.ly/VSFACEBOOK](https://bit.ly/VSFACEBOOK)

## Nutrition: Meals on Wheels

- In December, the Nutrition Unit distributed holiday gift bags to some clients. The bags included an activity book, lotion, hand sanitizer, kitchen towel, hand warmers, socks, cookies, and homemade greeting cards.
- The Nutrition Unit has filled the vacant supervisor position. Nikky Santistevan was promoted to the Social Service Supervisor position with the Home Delivered Nutrition Team.
- The Nutrition Unit continues to provide Meals on Wheels (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

- AAA/Congregate Nutrition Program staff met with leaders from the George Mason College of Public Health in Dec 2022 to discuss plans for hosting dietetic interns in Summer 2023.
  - 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

- During December, **9** Caregiver Alert Notifications were sent via email, text messages, and voice communication methods. The notifications contained information on Free Reston Town Center Holiday Performances, Virtual Support Call for Family Caregivers, Virtual Dementia Friend Information Session, Virtual Kinship Café, Project Nourish: How Food Fuels Health, Happiness and Connection, Virtual Zumba Fitness, The Sharon Bulova Center for Community Health, The Conserve (Energy) Kit, and PulsePoint Respond. Currently, there are **1,119** subscribers.
- The caregiver column for the Golden Gazette included a message about Caregiving Over the Holidays, Stroke Support Group, the Mobile Crisis Unit, and the Fairfax Caregiver Alert Notifications.
- The monthly Caregiver Webletter was emailed this month to **1,393** people. The Webletter contained information on the Virtual Caregiver Support Call- Caregiver Self-Care and Using Humor as a Survival Tool, Virtual Dementia Friends Information Session, Helping Hands Stroke Club, Stroke Support Group, virtual Kinship Café- Support and Encouragement for Caregivers, Shop Crafts for the Holiday With Your Local Park Volunteers, Reston Town Center Free Holiday Performances, Project Nourish: How Food Fuels Health, Happiness and Connection, The Conserve (Energy) Kit, and Virtual Zumba Fitness.
- 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, holiday shows, 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.
- The Dementia Friendly Fairfax (DFF) task force meeting frequency has been moved to every other month. Caregiver staff, along with a Commission on Aging member, conducted a Dementia Friend Information session on December 14, 2022, had **3** participants.
- Caregiver staff conducted a presentation on Caregiver Services and Support to **4** staff at the Adult Day Health Care Center on December 12, 2022.
- Senior Express provided **19** round-trip rides to **10** unduplicated clients, and **40** hours of respite to their family caregivers for the month of November.

### Caregiver Important Information

- **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-services)
- Sign up for upcoming **Dementia Friendly Fairfax** (DFF) sessions: <https://bit.ly/DementiaFriendlyFairfax>

- The Covid Grocery & Medication Assisted Transportation program provided **6** round-trip rides to **5** unduplicated clients for the month of November.
- Discretionary Funds, which provide durable medical equipment and adaptive equipment to clients who need financial help, assisted **1** client with a family caregiver, providing **1** item in November.
- The Residential Repair & Renovation (R&R) Program helps seniors 60 yrs. of age or older remain safely in their home by providing home repairs and modifications. In December there were **2** new requests and **2** completed projects.
- 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 was **1** new referral received in December and **3** completed evaluations.
- The Chore Services Program allows the 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). In December - **1** declutter/deep clean & sanitization job was completed.

## ElderLink

- Dianne Duke, the lead coordinator of the Health and Wellness programming, will be moving into another position within Inova. Her last day with ElderLink is Friday, 01/20/23.
- ElderLink will be recruiting to fill two Social Worker Case Manager I positions.
- Health and Wellness.
  - *Chronic Pain Self-Management.* Virtual class scheduled at Reston Community Center via Zoom, Wednesdays, 01/25-03/01, 10:30am-12:30pm. To Register: 703-476-4500.
  - *A Matter of Balance.* In-person class scheduled at Spring Hill in Lorton, Thursdays, 01/26-03/16, 10:30am-12:30pm. To Register: 703-843-7073.
- Caregiver Support.
  - Virtual Support Call for Caregivers of Older Adults, 7-8pm, via Zoom. Upcoming calls: Tuesday, 01/10.

## ElderLink Services and Events

- ElderLink is lending support to Adult Services, assisting with annual reassessment for home-based care services.
- 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](http://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.

# Northern Virginia Long-Term Care Ombudsman Program

- Ombudsman Program newsletter, “The Update,” is produced quarterly and was sent electronically to **1,633** recipients for the winter 2023 edition. This edition highlighted the topics of high staff turnover in nursing homes, residents who are at risk of discharge from nursing homes, and red flags of elder abuse.

## **The Ombudsman Program Information**

- Ombudsman Program is recruiting prospective ombudsman volunteers for the 3-Day Spring 2023 New Ombudsman Volunteer Training scheduled for March 20<sup>th</sup>, 21<sup>st</sup>, and 29<sup>th</sup>. 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](mailto: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](mailto:nvltcop@fairfaxcounty.gov).

## Aging Disability Caregiver Resource Intake Statistics December 2022

APS, Reports Received	300
Adult Services Referrals Sent	192
ADCR Consultation	224
Nutrition/MOW	130
CCC+/ALF screenings, info only	163
APS, info only	70
Adult Services, info only	84
Housing	59
Benefits	79
Coordinated Services Planning	27
Home Care Registry	36
Burial/Cremation	38
Legal Services	17
Home Based Care, Info Only	46
VICAP	12
Elderlink	26
Nursing Home	14
Mental Health/Substance Abuse	24
Home Repair for the Elderly	14
Disability Services	14
Medical/Dental	16
Assisted Living	13
Employment/Training	6
Environmental Services	7
Other	6
Ombudsman	19
Volunteer	14
Social Security	11
Durable Medical Equipment	3
Senior Centers/Recreation	6
Domestic Violence/Victim Witness	7
Adult Day Healthcare	8
Financial	21
Respite	2
Police Emergency/Non-Emergency	1
Golden Gazette	13
Tax Administration	4
Fuel/Cooling Assistance/Fan Care	4
Caregiver Support	9
Health and Wellness Programs	1

**TOTAL**

**1,740**