

Fairfax Area Agency on Aging Highlights for October 2023

[Fairfax County Services for Older Adults | Family Services](#)

[Golden Gazette | Family Services \(fairfaxcounty.gov\)](#)

Legislative and Boards

Highlights

- Area Agency on Aging Director, Tara Turner, participated in the **County Conversation Podcast** to discuss the SHAPE the Future of Aging Plan. The recording can be found here: [County Conversation Podcast: SHAPE the Future of Aging Plan | News Center \(fairfaxcounty.gov\)](#)
- The Fairfax Area Commission on Aging (COA) met on October 18, 2023. The COA reviewed SHAPE Initiative Development Committee updates and heard a presentation on “Health: How We Build It” by Anna Ricklin, Health in All Policies Manger, of the Fairfax County Health Department.

Virginia Insurance Counseling and Assistance Program (VICAP)

- Data that drives the work:
 - Phone intakes: **258**
 - Completed contact cases: **551**
 - Money saved (due to Medicare Part D (prescription drug) review, Patient Assistance Programs, Medicare Part B, appeals, etc.) total: **\$82,850.44**
 - Number of Events/Presentations: **9**
- VICAP’s client base is **200,000+** residents. VICAP is currently staffed by **2** full-time employees, **1** part-time employee, and 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: **103**
 - Total volunteers who became active in a program: **11**
 - New client referrals: **13**
 - IT On Call referrals: **9**
 - Facebook Followers: **2,084**
- October 2-6: Adult & Aging participated in the first Fairfax County Digital Inclusion Week. Staff and volunteers attended the Digital Equity Summit on October 5. Promotion of the IT On-Call Service occurred during the week as well as recruitment of volunteers to support the service.
- October 10 and 12: Regional Volunteer Coordinators facilitated the monthly virtual Connection Corner (CC) meetings for **9** volunteers to network, share ideas, attend training, learn of upcoming opportunities and events. An Assistant Program Manager of the Fairfax Area Agency on Aging presented on SHAPE the Future of Aging. A recap of the meeting was included in the invitation for the November CC meetings.
- October 15, Venture into Volunteering - took place at the Springfield Town Center in conjunction with the Beacon 50+ Expo. This fair fulfills VS' contribution to fulfilling Division's 50+Community Action Plan. There were **39** organizations (nonprofit and government departments) that participated in the event. We had an attendance of **1,000** at the event.
- On October 18, Volunteer Solutions staffed a booth at the Lincolnia Community Day. There were **35** individuals in attendance in-person.
- On October 18, Volunteer Solutions staff attended the virtual ALIVE, Better Impact Conference: Leveraging Technology in a Human World.
- On October 27, Volunteer Solutions staffed a booth at Herndon Harbor House. There were **40** individuals in attendance in-person.
- As of November 1, Neighborhood & Community Services (NCS) will absorb and manage the GrandInvolve program which had previously been its own nonprofit. In **22** Title 1 schools, school liaison and classroom assistant volunteer support the education of our most vulnerable populations through classroom volunteering building intergenerational relationships between younger and older community members. Volunteer Solutions is partnering with NCS to conduct initial orientations and onboarding of these volunteers. Work on this partnership began in August. VS orientations for GrandInvolve took place in October with **47** previous active volunteers attending.

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: Home Delivered Meals

- All Home Delivered Meals clients received a 5-day supply of emergency meals in October. 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 Social Services Specialist II position, in the Nutrition 1 unit, was filled effective October 9.
- The Nutrition Unit continues to provide HDM 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.
- The Congregate Nutrition Program has officially transitioned to the state system of record, Peer Place. Staff completed Peer Place training sessions throughout the month of October 2023.
- The Congregate Nutrition Program will be audited by the State Division for Aging Services from November 14-16, 2023. The state monitor will visit a congregate nutrition site and join participants for a lunch-time meal.

Caregiver and Support Services

- On October 4, a caregiver webinar on *Medicare 101* was held. **321** people received the slide presentation and recording, and **116** people attended the live session.
- On October 11, a *Dementia Friend Information Session* was held. **47** people registered, and **35** people attended the presentation.
- On October 18, a caregiver webinar on *Medicare 102* was held. **346** people received the slide presentation and recording, and **119** people attended the live session.
- On October 20, a Spanish series, *La Salud del Corazón del Latino- ¿Qué Nos Diferencia?*, was held. **13** people received the slide presentation and recording, and **4** people attended the live session.
- On October 25, Dementia caregiver series on *See Me at the Smithsonian: Hung Liu: Portraits of Promised Lands* was held. **96** people registered, and **31** people attended the live session.
- On October 27, a panel conversation, *Exploring Kinship Caregiver Support*, was held. **73** people received the slide presentation and recording, and **18** people attended the live session.

- During October 2023, **10** Caregiver Alert Notifications were sent via email, text messages, and voice communication methods. The notifications contained information on the Medicare 102 webinar, Dementia Friendly Information Session, Helping Hands Stroke Support Club, La Salud del Corazón del Latino- ¿Qué Nos Diferencia? series, Chronic Disease-Self Management program, Elderlink-Support Call, See Me at the Smithsonian: Hung Liu Portraits of the Promised Land, Exploring Kinship Caregiver Support presentation, Dementia Capable VA, and Understanding Common Mental Health Conditions presentation. Currently, there are **1,345** subscribers.
- The caregiver column for the Golden Gazette included a message about “Discovering the Rewards in Caregiving,” and provided information on the upcoming events: Medicare 101, Medicare 102, Exploring Kinship Caregiver Support, See Me at The Smithsonian Hung Liu Portraits of Promised Lands, 37th Annual Caregiver's Conference, When Caregiving Calls: Building a Framework for Resilience, La Salud del Corazón del Latino- ¿Qué Nos Diferencia?, and Dementia Friends Information Session.
- The monthly Caregiver Webletter was emailed this month to **2,266** people. The Webletter contained information on the following topics:
 - Medicare 101 & 102
 - Chronic Disease Self-Management Program
 - Exploring Kinship Caregiver Support
 - ElderLink Virtual Support Call for Family Caregivers Caregiving Over the Holidays
 - See Me at The Smithsonian Hung Liu Portraits of Promised Lands
 - 37th Annual Caregiver's Conference
 - When Caregiving Calls: Building a Framework for Resilience
 - La Salud del Corazón del Latino- ¿Qué Nos Diferencia?
 - Dementia Friends Information Session
 - Helping Hands Stroke Club, Stroke Support Group
- The Fenwick Foundation Partnership Program supports family caregivers by providing free 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. The program accepts referrals from the Department of Family Services, adult day health centers, and other county programs. The program currently has **32** participants.
- The Dementia Friendly Fairfax (DFF) action team met on Tuesday, October 24, 2023. The action team shared updates and discussed strategies on how to continue to grow Dementia

Caregiver Important Information

- To access the **Medicare 101** recording: <https://bit.ly/23Medicare101>
- To access the **Medicare 102** recording: <https://bit.ly/Medicare102-2023>
- To access the **La Salud del Corazón del Latino - ¿Qué Nos Diferencia?** recording: <https://bit.ly/LatinoFFXHealth>
- To access the **Exploring Kinship Caregiver Support** recording: <https://bit.ly/KinshipCaregiverSupport>
- **Caregiver Webinars. Online Registration for upcoming sessions:** <https://bit.ly/CAREWEB1>
- **Caregiver Panel Conversations. Online Registration for upcoming sessions:** <https://bit.ly/AAAPanel>
- **Caregiver Spanish Series. Online Registration for upcoming sessions:** <https://bit.ly/CharlasEducativas>
- Sign up for upcoming **Dementia Friendly Fairfax** (DFF) sessions: <https://bit.ly/DementiaFriendlyFairfax>

Friends and add new members to participate in the action team. The action team members will all reach out to past members and identify new members to invite to the next action meeting. The group will meet on Tuesday, November 28, 2023.

- On October 14, a staff member provided a resource table for the “Sherwood Health Fair” at the Sherwood Regional library. The fair was attended by **30** community members.
- On October 21, a staff member provided a resource table for the “International Festival” at the James Lee Community Center. The fair was attended by **50** community members.
- On October 27, a staff member provided a resource table for a Community Fair at the Fort Belvoir Annual Retiree Appreciation Event. The fair was attended by **300** community members.
- Discretionary Funds, which provide durable medical equipment and adaptive equipment to clients who need financial help, assisted **3** clients and provided **6** items through the Family Caregiver Discretionary Fund, and assisted **0** clients and provided **0** items through the Barbara Antley Gift Fund.
- The Senior Cool Care Program is a public-private partnership sponsored by Dominion Energy and administered by the Virginia Department for Aging and Rehabilitative Services that helps low-income older citizens in Virginia keep cool during summer months. The program provides single room fans, window air conditioners and portable air conditioners to older adults, 60 or older, are at or below 150% of the poverty level, and need additional cooling at home. The program runs May 1 through the last working day in October. In October, the program provided **0** box fans/portable air conditioner unit. The program overall supplied **9** fans and **5** portable air conditioners to **14** low-income older adult community members.
- The Residential Repair & Renovation (R&R) Program helps seniors 60 years of age or older remain safely in their homes by providing home repairs and modifications. In October, there were **3** new requests, and **2** jobs were completed.
- 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 **5** new referrals, and **2** consultations were completed in October.
- 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). This month, **1** request was received, and **1** job was completed.

ElderLink

- Staffing
 - ElderLink's Money Management Coordinators' last day was 11/01. ElderLink recruitment to fill the position is in progress.
- PeerPlace Updates
 - ElderLink completed several PeerPlace trainings in early October in preparation for the team's "Go Live" in this new case management documentation system.
 - ElderLink's official transition into PeerPlace began mid-October, with the first units of service due to be reported in PeerPlace this month.
- Health and Wellness Programming
 - Workshops Currently in Progress
 - Spring Hill Retirement Community in Lorton is hosting an in-person A Matter of Balance workshop, which began 11/01.
 - Upcoming Workshops
 - ElderLink is in the process of finalizing the 2024 workshop schedule for chronic disease self-management, fall prevention, and caregiver support classes.
- Caregiver Support
 - Virtual Support Call for Caregivers of Older Adults via MS Teams, 7-8pm.
 - 11/14, ***Finding the Rewards and Unexpected Joys of Caregiving*** - This topic brings to light the many good things caregivers do and how we, as informal (family, non-paid) and formal (professional) caregivers, are in this journey together with our collaborative and cooperative relationships. Please join us as we celebrate National Family Caregiver's Month and share your observations about what it means to you to be a caregiver and unexpected moments of joy you may have experienced.

ElderLink Services and Events

- To register for **Virtual Support Call for Caregivers of Older Adults**, please contact ElderLink intake line, (703) 324-5374, or visit www.tinyurl.com/CaregiverTSG
- ElderLink is 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

The Ombudsman Program Information

- Ombudsman Program completed the Fall 2023 New Ombudsman Volunteer Training on October 16, 17, and 24. There were 6 new volunteer candidates who participated and were accepted into the program. Training is 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.
- Ombudsman Program maintains certification as a SAGECare Platinum credentialed organization. SAGECare credentialing includes aging LGBTQ+ cultural competency training, which supports an inclusive, person-centered approach to care and furthers the mission of the LTC Ombudsman Program to promote quality of care and life for persons receiving long-term care services.

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 October 2023

APS, Reports Received	340
Adult Services Referrals Sent	237
ADCR Consultation	177
CCC+/ALF screenings, info only	136
Adult Services, info only	72
Nutrition/MOW	65
Benefits	63
Housing	59
Transportation	55
APS, info only	50
Coordinated Services Planning	41
VICAP	29
Home Care Registry	29
Mental Health/Substance Abuse	27
Disability Services	21
Legal Services	19
Employment/Training	18
Medical/Dental	18
Other	18
Burial/Cremation	17
Ombudsman	16
Financial	16
ElderLink	15
Tax Administration	15
Adult Day Healthcare	15
Social Security	13
Assisted Living	12
Home Repair for the Elderly	12
Senior Centers/Recreation	11
Volunteer	10
Golden Gazette	10
Caregiver Support	10
Home Based Care, Info Only	9
Police Emergency and Non-Emergency	8
Respite	7
Environmental Services	5
Domestic Violence/Victim Witness	4
Health and Wellness Programs	4
Durable Medical Equipment	3
Tax Administration	2
Nursing Home	2
Fuel/Cooling Assistance/Fan Care	2

TOTAL

1,692