

Fairfax Area Agency on Aging Highlights for November 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 \(\[fairfaxcounty.gov\]\(http://fairfaxcounty.gov\)\)](#)
- The Fairfax Area Commission on Aging (COA) met on November 15. Supervisor Herrity joined the COA meeting and proclaimed the month of November “Caregivers Awareness Month.” Commissioners discussed the work of SHAPE initiative development committees. The next COA meeting is on December 20, 2023.
- Linda Hernandez-Giblin has accepted the position of Legislative Unit Supervisor and will officially step into her new role on December 18, 2023. In her new role, Linda will serve as the Fairfax Area Agency on Agency liaison to the COA and will be responsible for supervising VICAP. She comes to this position after working as a Planning Coordinator in Volunteer Solutions, where she was responsible for overseeing the 50+ Community Ambassador Program. We look forward to Linda officially joining the Legislative Unit on December 18th.

Virginia Insurance Counseling and Assistance Program (VICAP)

- Data that drives the work:
 - Phone intakes: **291**
 - Completed contact cases: **702**
 - Money saved (due to Medicare Part D (prescription drug) review, Patient Assistance Programs, Medicare Part B, appeals, etc.) total: **\$219,018.40**
 - 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

- Updated [Volunteer Handbook](#) – included GrandInvolve program, Companion Pet Program and updated staff contacts and times for NCS Senior Centers.
- Holiday Blanket Drive – Volunteer Solutions coordinated a New Blanket Drive for the Adult and Aging Holiday Project. Blankets along with a gift will be provided to referred clients in December. Over **200** blankets were pledged and are being collected through Dec. 4, 2023.
- Data that drives the work:
 - Inquiries to becoming a volunteer: **68**
 - Total volunteers who became active in a program: **31** (includes 20 GrandInvolve volunteers)
 - New client referrals: **7**
 - IT On Call referrals: **9**
 - Facebook Followers: **2,082**
- November 3: Volunteer Solutions staff attended the virtual “International Volunteer Administrators Day event, Helping Others Help,” put on by the Northern Virginia Association of Volunteer Administration (NVAVA).
- November 14, 15 and 16: 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 individual with the Area Agency on Aging’s Caregiver & Supportive Services Unit presented about Caregiving. The session was recorded and shared with all volunteers [via this link](#).

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

- During the week of November 6, all Home Delivered Meals (HDM) clients received nutrition education materials with their weekly meal delivery. The nutrition education materials consisted of the following handouts, “On Your Way to Preventing Type 2 Diabetes” and “Using the Nutrition Facts Label: For Older Adults.” HDM clients also received a magnifying glass to support them in reading nutritional labels and menus at home.
- During the week of Thanksgiving, all HDM clients received 12 meals (instead of the usual 11 meals). Clients received two Thanksgiving dinners. One meal included turkey with

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>

gravy, cornbread stuffing, macaroni and cheese casserole, roasted vegetables, potato salad and apple cobbler. The other meal included turkey and gravy, cornbread stuffing, sweet potato with marshmallows, green bean casserole, cranberry sauce, and pumpkin pie.

- During the week of Thanksgiving, all HDM clients also received Thanksgiving cards with their meal delivery. Volunteer Solutions partnered with Volunteer Fairfax's RSVP program, local Girl Scout Troops, the Young Men's Service League, and individual community members to ensure there were enough cards for each client.
- The Nutrition Unit continues to provide HDM services to eligible adults over age 60 or adults over age 18 with a disability.

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.

Caregiver and Support Services

- November 15: a caregiver webinar on "Understanding Common Mental Health Conditions in Older Adults" was held. There were **449** people who received the slide presentation and recording, and **134** people attended the live session.
- November 17: a Spanish series webinar, "Medicare 101," was held. **23** people received the slide presentation and recording, and **16** people attended the live session.
- During November 2023, **10** Caregiver Alert Notifications were sent via email, text messages, and voice communication methods. The notifications contained information on National Family Caregiver Month, Spanish language Medicare 101 Webinar, Energy Assistance, ElderLink -National Caregiver Month-Virtual Support Call, Understanding Common Mental Health Webinar, Stroke Club Support Group, Dementia Capable VA, home delivery of Library Materials, Providing Care at the End-of-Life Webinar, ElderLink- Free Consultations for Caregivers. Currently, there are **1,364** subscribers.
- The caregiver column for the Golden Gazette included a message about National Family Caregivers Month and provided information on the upcoming events: Understanding Common Mental Health Conditions in Older Adults, Medicare 101 in Spanish, Providing Care at the End of Life, and 37th Annual Caregiver's Conference: "When Caregiving Calls: Building a Framework for Resilience."
- The monthly Caregiver Webletter was emailed this month to **2,389** people. The Webletter contained information on the following topics:

Caregiver Important Information

- To access the **Understanding Common Mental Health Conditions in Older Adults** recording:
<https://bit.ly/AdultsMentalHealth>
- **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>

- National Family Caregivers Month
 - Understanding Common Mental Health Conditions in Older Adults
 - Medicare 101 En Español
 - Providing Care at the End of Life
 - ElderLink Virtual Support: National Family Caregivers Month
 - Helping Hands Stroke Club – Stroke Support group
 - 37th Annual Caregiver's Conference: When Caregiving Calls: Building a Framework for Resilience
 - Dementia Capable Virginia
 - Library Home Delivery Service
 - ElderLink – Free Consultations for Caregivers
- The Fenwick Foundation Partnership Program supports family caregivers by providing free events and activity opportunities. Currently, The Fenwick Foundation is providing access to virtual and in-person events such as live shows, music events, museums, ballets, holiday shows. The program accepts referrals from the Department of Family Services, Adult Day Health Centers, and other county programs. The program currently has **32** participants.
 - November 4: a staff member provided a resource table for the “Caregiver Appreciation Day” at the Red Cross-Arlington. The fair was attended by **4** community members.
 - November 10: a staff member provided a resource table for the “37th Annual Caregiver's Conference (NVDCC)” at the Korean Central Presbyterian Church. The fair was attended by **300** community members.
 - On November 14th, 15th and 16th: a staff member from the caregiver unit provided a virtual presentation on “Helpful Tips for Family Caregivers” to Volunteer Solutions’ volunteers. The presentation was recorded for future training of volunteers. There were approximately **15** attendees.
 - November 28: The Dementia Friendly Fairfax (DFF) action team met, shared updates, and discussed 2023 goals. The action team members will continue to identify new members to invite to the next action meeting. The group will not meet in December. The next meeting will be on Tuesday, January 23rd, 2024.
 - Discretionary Funds, which provide durable medical equipment and adaptive equipment to clients who need financial help, assisted **2** clients and provided **5** items through the Family Caregiver Discretionary Fund, and assisted **0** clients through the Barbara Antley Gift Fund.
 - 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 November, there was **1** new request 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 **2** new referrals, and **3** consultations were completed in November.
 - 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, **0** requests were received, and **1** job was completed.

ElderLink

- Staffing
 - ElderLink is thrilled to announce that Demetra (Deme) Warner joined the Inova ElderLink team as a Social Worker Case Manager I. Deme brings a wealth of knowledge to the team, through a variety of professional experiences serving the older adult population, including memory care and hospice social work. Her first day was December 4th.
 - ElderLink is actively recruiting for a Social Worker Case Manager I position. The primary area of focus for this position is to provide aid to clients in ElderLink's Money Management program. This role will also support our various programs which provide case management, caregiver support, and educational workshops.
- New Pilot Project
 - ElderLink is excited to lead a pilot project in partnership with the Fairfax Area Agency on Aging to bring an immersive platform called Embodied Labs to caregivers across Fairfax County. The duration of this pilot will be from December 1, 2023 – November 30, 2024.
 - The Embodied Labs platform offers immersive virtual reality experiences, intended to help caregivers “see through the eyes” of those they care for. The Embodied Labs experience challenges caregivers to develop greater insight on the challenges faced by those they care for, promoting increased empathy in their approach to caregiving. ElderLink's Embodied Labs Sessions will focus on the following 3 topics: Alzheimer's Disease, Elder Safety & Well-Being, and Social Isolation.
 - Participants who attend an Embodied Labs session hosted by ElderLink will be offered a FREE license to the Embodied Labs platform. These licenses will allow caregivers to continue their Embodied Labs learning journey through completing on demand trainings. Embodied Labs platform offers online learning on other hot topics facing older adults and caregivers. Licenses will be available to participants through November 30, 2024.
- Health and Wellness Programming
 - Workshops Currently in Progress
 - ElderLink will be completing 2 in-person workshop series this month, both hosted by Spring Hill Retirement Community in Lorton:
 - Bingocize completes 12/12
 - A Matter of Balance completes on 12/27
 - Upcoming Workshops
 - In-person Chronic Disease Self-Management workshop hosted at Messiah United Methodist Church in Springfield, Wednesdays, 1/10 - 2/14, 10:30am-12:30pm.
 - Virtual Chronic Disease Self-Management workshop hosted by Reston Community Center, Fridays, 1/19 - 2/23, 10am-12pm.

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.

- Caregiver Support
 - Virtual Support Call for Caregivers of Older Adults via MS Teams, 7-8pm.
 - 12/12, ***The Caregiver Roller Coaster: The Lows and Highs of Caregiving*** - Even with good planning, caregiving is an unexpected adventure. Let's talk about the downs and the ups, the lows and the highs, the challenges and the victories of your caregiving journey.
 - PeerPlace Update
 - ElderLink has transitioned into Peer Place, with the first units of service due this month.
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Northern Virginia Long-Term Care Ombudsman Program

The Ombudsman Program Information

- 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 November 2023

Adult Protective Services	308
Adult Services Referrals Sent	198
ADCR Consultation	139
CCC+/ALF screenings, info only	109
Adult Services, info only	73
Nutrition/MOW	50
Housing	49
APS, info only	42
Transportation	40
Coordinated Services Planning	37
Benefits	34
VICAP	33
Assisted Living Facility	31
ElderLink	31
Home Care Registry	23
Home Based Care, Info Only	21
Disability Services	17
Ombudsman	15
Legal Services	14
Employment	13
Nursing Home	12
Burial/Cremation	12
Fuel/Cooling Assistance/Fan Care	11
Mental Health/Substance Abuse	10
Caregiver Support	10
Social Security	10
Mental Health	10
Financial	9
Home Repair for the Elderly	7
Volunteer Solutions	7
Health and Wellness Programs	5
Respite	4
Senior Center	4
Police Emergency and Non-Emergency	4
Durable Medical Equipment	3
Domestic Violence/Victim Witness	3
Tax Administration	3
Other	2
Golden Gazette	1

TOTAL

1,404