

Fairfax Area Agency on Aging Highlights for January 2023

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

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

Legislative and Boards

Highlights

- During the 2023 Virginia General Assembly Session, the Fairfax County Board of Supervisors (BOS) Legislative Committee meets on Fridays at 4 PM to review proposed legislation. BOS Legislative Committee meetings can be accessed as [televised on Channel 16](#) and [streamed live online](#) with closed captions provided in English and Spanish ([los subtítulos en español](#)).
- Fairfax County 2023 Legislative Program: [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 February 15, 2023. Staff from the One Fairfax team will lead discussion about One Fairfax and the SHAPE the Future of Aging Plan.
- At the January 10th Northern Virginia Aging Network (NVAN) meeting, Tylee Smith, CAREWare Program Manager, and Tim Agar, Federal Grants Quality Manager, presented about Ryan White HIV/AIDS Funding & Programs in our region.

Virginia Insurance Counseling and Assistance Program (VICAP)

- Data that drives the work:
 - Phone intakes: **133**
 - Completed contact cases: **299**
 - Money saved (due to Medicare Part D (prescription drug) review, Patient Assistance Programs, Medicare Part B, appeals, etc.) total: **\$46,217.02.**
 - Number of Events//Presentations: **0**
- Information of future Medicare 101 presentations and events will be advertised in the Golden

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>

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.

Volunteer Solutions

- Data that drives the work:
 - Inquiries to becoming a volunteer: **147**
 - Total of volunteers became active in a program: **8**
 - New client referrals: **12**
 - Facebook Followers: **1,963**
- On January 4th, the Volunteer Solutions' Annandale Regional Volunteer Coordinator presented an overview of Adult and Aging Loneliness and Social Isolation programming to the Long Term Care Coordinating Council (LTCCC) – Social Isolation Committee. There were 7 individuals in attendance virtually.
- On January 16th, Volunteer Solutions had a service project completed by the Volunteer Fairfax, Martin Luther King Jr. Day of Service – Give Together participants. The event was held at the Stacey Sherwood Center in the City of Fairfax with 600 participants. Families with elementary aged children packed **150** Bags of Sunshine that will be delivered in March to Home-Delivered Meals clients in the Fairfax and Reston regions.
- Upcoming Events Involving Volunteer Solutions
 - On February 7th, Volunteer Solutions' Planning Coordinator will appear on Facebook Live with the Nepali American Community Center (NACC) to provide community education on Adult and Aging services.
 - On February 9th, Volunteer Solutions' volunteer drivers will deliver mini-floral arrangements to Home-Delivered Meals clients in the South County region. These arrangements are being generously donated by the Garden Club of Waynewood (GCW) in Alexandria. The Nutrition Unit and Volunteer Solutions are collaborating on this project.
 - On February 11th, Volunteer Solutions' South County Regional Volunteer Coordinator will conduct volunteer outreach at Supervisor Storck's Annual Town Hall Meeting.
 - On February 15th, Volunteer Solutions will host a Dementia 101 training for volunteers led by Insight Memory Care.

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 is currently in the process of filling the vacant Social Service Specialist III position. The position was posted for 2 weeks and closed on January 13th, 2023.
- The Nutrition Unit continues to provide MOW 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.

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

- During January, 9 Caregiver Alert Notifications were sent via email, text messages, and voice communication methods. The notifications contained information on Free Ballet Class for Adults, McLean Community Center Old Firehouse Winter Block Party, Caregiver Stroke support Group, Stroke Survivor support groups, Virtual Chronic Pain Self-Management, Virginia Lifespan Respite Voucher Program, Free Flu Vaccine Clinic, and a Death Café. Currently there are **1,137** subscribers.
- The caregiver column for the Golden Gazette included a message about Carving Out an Identity Separate from Caregiving, the Stroke Support Group-Helping Hands Stroke Club, Group Speech Therapy Sessions, Virtual Kinship Café- Support & Encouragement for Caregivers, and Death Café.
- The monthly Caregiver Webletter was emailed this month to **1,376** people. The Webletter contained information on Helping Hands Stroke Club, Stroke Support Group, Caregiver Stroke support Group, virtual Chronic Pain Self-Management, Ballet Class for Adults, Emergency Preparedness Monthly Webinars, McLean Community Center Winter Block Party, Free Seed Library, Amateur Art- Learn to Draw, and New Year -New You -- Start 2023 with Meditation.
- During January, data collection from 2022 on caregiver educational programs was analyzed. In 2022, there were **1,436** participants who attended the live caregiver educational programs. This represented a **141%** increase in program participation from 2021 in which there were **597** participants. In addition, **6,055** people watched the recorded sessions. This represented a **216%** from 2021 in which there were **1,915** people who watched the recorded sessions.

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/familyservices)
- 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, 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.
- Senior Express provided **23** round-trip rides to **11** unduplicated clients, and **47** hours of respite to their family caregivers for the month of December.
- The Covid Grocery & Medication Assisted Transportation program provided **5** round-trip rides to **4** unduplicated clients for the month of December.
- Discretionary Funds, which provide durable medical equipment and adaptive equipment to clients who need financial help, assisted **3** clients through the family caregiver grant, providing **10** items, and **1** client through the Barbara Antley Gift Fund, providing **3** items in December.
- 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 January, there was **1** new request and **2** completed projects to fix a furnace and provide heat and installation of grab bars to help prevent falls.
- 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 January 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 January, **1** new request was received.

ElderLink

- ElderLink is recruiting to fill two Social Worker Case Manager 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.
 - *Chronic Pain Self-Management.* In-person class scheduled at Spring Hill in Lorton, Mondays, 02/27-04/03, 10am-12pm. To Register: 703-843-7073.
 - *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.

ElderLink Services and Events

- 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.

- Virtual Support Call for Caregivers of Older Adults, 7-8pm, via Zoom. Upcoming calls: Tuesday, 02/21: *Maintaining Relationships While Caregiving*
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Northern Virginia Long-Term Care Ombudsman Program

- Ombudsman Program maintains certification as a SAGECare Platinum credentialed organization. Ombudsman staff completed LGBT+ cultural competency training to receive credentialing through 2023.

The Ombudsman Program Information

- Ombudsman Program is recruiting prospective ombudsman volunteers for the 3-Day Spring 2023 New Ombudsman Volunteer Training scheduled for March 20th, 21st, and 29th. 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 January 2023

APS, Reports Received	314
Adult Services Referrals Sent	185
ADCR Consultation	144
Nutrition/MOW	272
CCC+/ALF screenings, info only	147
APS, info only	49
Adult Services, info only	94
Housing	49
Benefits	61
Coordinated Services Planning	38
Home Care Registry	30
Burial/Cremation	25
Legal Services	20
Home Based Care, Info Only	26
VICAP	21
Elderlink	31
Nursing Home	16
Mental Health/Substance Abuse	21
Home Repair for the Elderly	8
Disability Services	20
Medical/Dental	15
Assisted Living	34
Employment/Training	14
Environmental Services	5
Other	9
Ombudsman	18
Volunteer	18
Social Security	13
Durable Medical Equipment	23
Senior Centers/Recreation	8
Domestic Violence/Victim Witness	17
Adult Day Healthcare	27
Financial	14
Respite	5
Golden Gazette	23
Tax Administration	9
Fuel/Cooling Assistance/Fan Care	13
Caregiver Support	15
Health and Wellness Programs	3

TOTAL

1,854