

# Fairfax Area Agency on Aging Highlights for June 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) will meet on July 19, 2023. The COA will continue discussion of the development of SHAPE the Future of Aging Plan Initiative Development Committees as part of the SHAPE implementation phase.
- The Northern Virginia Aging Network (NVAN) will meet on July 18. The 2024 NVAN legislative platform language and talking points will be reviewed.

## Virginia Insurance Counseling and Assistance Program (VICAP)

- Data that drives the work:
  - Phone intakes: **113**
  - Completed contact cases: **264**
  - Money saved (due to Medicare Part D (prescription drug) review, Patient Assistance Programs, Medicare Part B, appeals, etc.) total: **\$57,546.95**
  - Number of Events/Presentations: **0**

- VICAP has scheduled **13** Medicare 101 presentations for Fall 2023. Upcoming Medicare 101 presentations include virtual, hybrid, and in-person presentations in October. Registration is required. Information on these presentations and 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+** residents. VICAP is currently staffed by **2** full-time and **1** part-time employee and 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: **87**
  - Total of volunteers who became active in a program: **16**
  - New client referrals: **14**
  - IT On Call referrals: **12**
  - Facebook Followers: **2,018**
- Volunteer Solutions' staff and volunteers continued assisting Adult and Aging clients with cleaning, decluttering, and yard work for our annual Helping Hands projects. A total of **12** referrals were accepted. To date, **15** volunteers have assisted **9** clients and contributed **92.5** hours.
- On June 29, Volunteer Solutions staff attended the Northern Virginia Association for Volunteer Administration Service Project where they made cards for Fairfax County students that receive Power Packs from Food for Others and for older adults, adults with disabilities, and family caregivers served by Volunteer Solutions. There were **8** volunteer coordinators attending in-person from various agencies.
- On June 30, the first Volunteer Self-Care Group Session facilitated by Kay Carter was held virtually with **17** participants from Department of Family Services (DFS) volunteer programs (Adult and Aging; Children, Youth and Families; Domestic and Sexual Violence Services; Public Assistance and Employment Services). Predominately, Adult & Aging and DSVS division volunteers were in attendance. DFS volunteers are tasked with a variety of roles that can sometimes bring up difficult emotions and situations when serving our community. This self-care session was offered to volunteers as an opportunity to discuss volunteer experiences. Topics included mindfulness, coping strategies, secondary trauma, and open discussion. Volunteer Solutions' Partnership Coordinator, who leads the DFS Volunteer and Community Partnerships Network, worked with the Kay Carter, a DFS Quality Assurance Consultant, to create this session for volunteers. A second session is being planned for later this summer.
- Upcoming Events Involving Volunteer Solutions
  - July 18, 2023 – Volunteer Training- Mental Health First Aid for Older Adults (Provided by The Community Services Board).
  - October 15, 2023 – Venture into Volunteering will take place from noon to 4 pm at the Springfield Town Center. The event will take place as a part of the Beacon 50+ Expo.

### 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: Home Delivered Meals

- The Nutrition Unit has been collecting the results of the Annual Home Delivered Meals Annual Customer Satisfaction Survey.
- The hiring process for the vacant Social Services Supervisor in the Nutrition Unit is in progress and the position was posted and has closed.
- The Nutrition Unit continues to provide Home Delivered Meals 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.
- Congregate Nutrition and Home Delivered Meals (HDM) are continuing to host GMU Dietetic Interns for their community rotations through the Area Agency on Aging.
- Congregate Nutrition Annual Surveys are currently being tabulated.

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## Caregiver and Support Services

- On Friday, June 2, 2023, Health & Wellness Workshop: *Crafts for the Family: Engaging Loved Ones with Memory Loss*, was held. **56** people received the slide presentation and recording, and **20** people attended the live session.
- On Friday, June 9, 2023, Health & Wellness Workshop: *Creative Engagement: A Session on How to Use Your Right and Left Brain to Improve Your Sense of Well-being*, was held. **121** people received the slide presentation and recording, and **44** people attended the live session.
- On Wednesday, June 14, 2023, a *Dementia Friend Information Session*, was held. **44** people attended the presentation.
- On Friday, June 16, 2023, Health & Wellness Workshop: *Presente! A Latino History of the United States*, was held. **100** people received the slide presentation and recording, and **42** people attended the live session.
- On Wednesday, June 21, 2023, *Brain Fitness: Keys to Extending Independence*, was held. **347** people received the slide presentation and recording, and **95** attended the live session.
- During June, **9** Caregiver Alert Notifications were sent via email, text messages, and voice communication methods. The notifications contained information on the following topics: Virtual Caregiver Support Call, Zumba, Brain Fitness Webinar, Senior Cool Care program, Latino History of the U.S. Webinar, Virtual Dementia Friends session, Kinship Café, Stroke Support Group, and the Summer Entertainment series. Currently, there are **1,257** subscribers.

- The caregiver column for the Golden Gazette included a message about the following topics:
  - *Setting Healthy Boundaries when Caregiving*
  - *The Senior Cool Care Program*
  - *Creative Engagement: How to Use Your Right and Left Brain to Improve Your Sense of Well-being*- intergenerational workshop
  - Brain Fitness: Keys to Extending Independence - Caregiver Webinar; *Virtual Dementia Friends Information Session*
  - *Presente! A Latino History of the United States*- intergenerational workshop
- The monthly Caregiver Webletter was emailed this month to **1,957** people. The Webletter contained information on the following topics:
  - Crafts for the Family: Engaging Loved Ones with Memory Loss
  - Creative Engagement: How to Use Your Right and Left Brain to Improve Your Sense of Well-being
  - Presente! A Latino History of the United States
  - Brain Fitness: Keys to Extending Independence
  - Virtual Dementia Friends Information Session
  - Caregiver Self-Care Virtual Caregiver Support Call
  - Helping Hands Stroke Club, Stroke Support
  - Kinship Café
  - Senior Cool Care Program
  - Adult Day Health Care
- The Fenwick Foundation Partnership Program 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 **30** participants.
- The Dementia Friendly Fairfax (DFF) action team met on June 27th. During the meeting, there was discussion on how to increase engagement from task members. In addition, outreach strategies to promote discussions were discussed. Staff member shared current outreach strategies that have been successful with DFF sessions offered by FAAA. The action team will be meeting again on July 25<sup>th</sup>.
- Senior Express provided **19** round-trip rides to **9** unduplicated clients, and **41.5** hours of respite to their family caregivers for the month of April.

## Caregiver Important Information

- To access the **Crafts for the Family: Engaging Loved Ones with Memory Loss** recording: <https://bit.ly/CraftsforFamily>
- To access the **Creative Engagement: A Session on How to Use Your Right and Left Brain to Improve Your Sense of Well-being** recording: <https://bit.ly/FFXCreativeEngagement>
- To access the **Presente! A Latino History of the United States** recording: <https://bit.ly/FFXLatinoHistory>
- To access the **Brain Fitness: Keys to Extending Independence** recording: <https://bit.ly/FFXBrainFitness>
- **Caregiver Webinars. Online Registration for upcoming sessions:** <https://bit.ly/CAREWEB1>
- **Caregiver Panel Conversations. Online Registration for upcoming sessions:** <https://bit.ly/AAAPanel>
- 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>

- 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 **5** items, and **2** clients through the Barbara Antley Gift Fund, providing **2** items in June.
- 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 June, there was **2** new request and **3** 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 **8** new referrals, and **6** consultations were completed in June.
- 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, **2** requests were received, and **1** major declutter job was completed.

## ElderLink

- Health and Wellness
  - Upcoming Workshop
    - Temple Rodef Shalom in Falls Church has requested an in-person A Matter of Balance (AMOB) workshop, for its congregants, Wednesdays, 07/19-09/06.
  - Workshops Completed in June
    - A Matter of Balance Workshop at Vienna Community Center, 04/10-06/05, with **10** participants and **8** completers.
  - Workshops Currently in Progress
    - **2** Bingocize workshops: George Mason Regional Library and Temple Rodef Shalom
- Caregiver Support
  - Virtual Support Call for Caregivers of Older Adults, via Zoom, 7-8pm.
    - 07/11, ***The Unexpected Joys of Caregiving***: Join us for this call which will focus on an important aspect of caregiving that often gets missed: the joy. "When we provide help to someone we care about, we feel more positive emotions, like compassion, satisfaction and a vicarious happiness at being able to help," says psychologist Michael J. Poulin. According to a five-year study published in the "American Journal of Public Health," helping others lessens the physical effects of stress. And studies show that caregivers may live longer.

## 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](http://www.tinyurl.com/CaregiverTSG)
- To register for **Bingocize**, please contact (703)-324-9814 or visit <https://tinyurl.com/Bingocize123>
- 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

- 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.

## **The Ombudsman Program Information**

- Ombudsman Program completed the Spring 2023 New Ombudsman Volunteer Training in March. 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 June 2023

APS, Reports Received	321
Adult Services Referrals Sent	179
ADCR Consultation	143
Nutrition/MOW	203
CCC+/ALF screenings, info only	90
APS, info only	43
Adult Services, info only	58
Housing	89
Benefits	65
Coordinated Services Planning	44
Home Care Registry	39
Burial/Cremation	12
Legal Services	19
Home Based Care, Info Only	9
VICAP	25
ElderLink	27
Nursing Home	2
Mental Health/Substance Abuse	12
Home Repair for the Elderly	10
Disability Services	24
Employment/Training	9
Medical/Dental	12
Assisted Living	24
Other	23
Environmental Services	3
Transportation	52
Ombudsman	18
Volunteer	17
Social Security	11
Durable Medical Equipment	7
Senior Centers/Recreation	6
Domestic Violence/Victim Witness	6
Adult Day Healthcare	17
Financial	14
Respite	15
Golden Gazette	12
Tax Administration	15
Fuel/Cooling Assistance/Fan Care	20
Caregiver Support	11
Health and Wellness Programs	5
Police Emergency and Non-Emergency Police	4

**TOTAL**

**1,715**