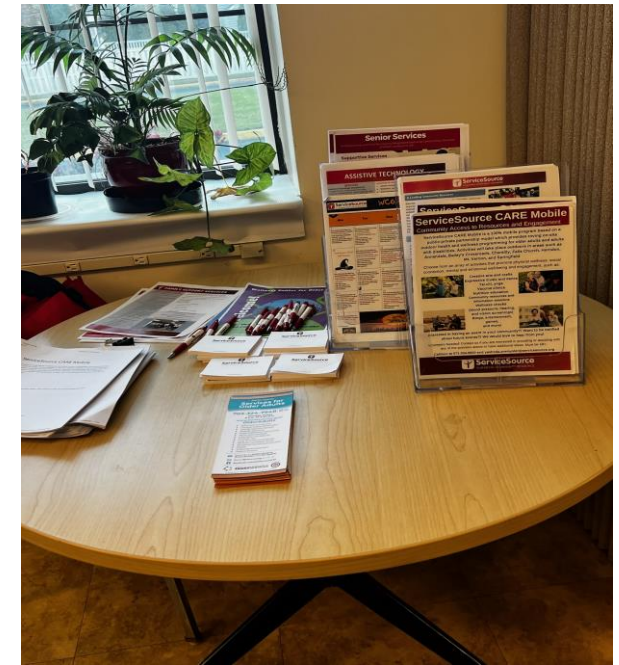


CARE Mobile

Commission on Aging Presentation

December 20, 2023



Concept and Development

Long Term Care Coordinating Council

- Participated in Think Tank Covid Challenge to Address Social Isolation & proposed Friend Mobile to address social isolation
- Purpose of Friend Mobile: visit older adults and adults with disabilities who are socially isolated and provide entertainment, food, companionship, education, and more

ServiceSource submitted a proposal

- Consolidated Community Funding Pool (CCFP) awarded grant to ServiceSource from July 2022 – June 2024

CARE Mobile Program

- CARE stands for **Community Access to Resources and Engagement**
 - CARE Mobile is a new pilot program. CARE Mobile is a 100% mobile program based on a public-private partnership model which provides roving on-site outdoor health and wellness programming, community engagement, and entertainment for older adults (50+) and adults with disabilities
 - Reduce technological and transportation barriers
- **Mission**
 - Reduce social isolation and strengthen social networks among older adults (50+) and adults with disabilities by improving access to community resources and engagement opportunities



CARE Mobile van



CARE Mobile Logo

CARE Mobile Services and Activities

- Services and activities focus on improving physical wellness, boosting social-emotional wellness, and encouraging social connection
 - Creative arts and crafts, expressive music and dance, Zumba, Tai-chi, yoga, vaccine clinics, nutrition education, intergenerational activities, introduction to assistive technology, community resources and information sessions, wellness checks (blood pressure, hearing, and vision screenings), Bingo, trivia, karaoke, entertainment, games, and more!
 - Community Resources (Shepherd's center, services for older adults grip cards, long-term ombudsman program grip card, ServiceSource program flyers, etc)
 - Consultations



Blood pressure screening in Chantilly & Falls Church



Wellness event in Fairfax



Arts and crafts in Alexandria



Hearing screening in Fairfax



Emergency preparedness presentation



Presentation on Dementia in McLean

Social engagement and resources in Herndon

Implementation

Target locations

- Five high needs area according to the Fairfax County Vulnerability Index
 - Annandale, Bailey's Crossroads, Falls Church, Mount Vernon, and Springfield
 - Adults aged 65 and older within these zip codes on average receive fewer recommended preventive health services than those in the rest of the County
- Two moderate needs area
 - Herndon and Chantilly
- Outside, weather permitting

Properties

- Independent senior housing communities
- Retirement communities
- Assisted living communities

CARE Mobile request form

- Indicate what they would like to see in their community

Data collection

- Demographic and before and after event satisfaction (includes questions on social isolation)

Partners

- Existing and new partners

Volunteers

- In person, online

Donations

- Accept boxed and packaged snacks, bottled water, arts and craft supplies, exercise mats, themed decorations

Properties/Locations

- American Legion Post (Springfield): Veterans and members of American Legion Post
- Chantilly Mews (Chantilly): Subsidized, low-rent apartment
- Coppermine Place (Herndon): Affordable independent senior housing for individuals ages 55+
- Evergreen House (Annandale): Independent senior housing community (Accepts section 8)
- Lake Anne House (Reston): Affordable independent senior housing for individuals 62+
- Lewinsville Senior Residences (McLean): Affordable senior housing for individuals 62+
- Lincolnian Senior Residences (Alexandria): Senior community for individuals 62+ (subsidized housing for low-income individuals)
- Monticello Falls Church Apartments (Falls Church): Accepts vouchers
- Morris Glen (Alexandria): Affordable senior community for individuals ages 62 and older for low to moderate income residents
- Olley Glen (Fairfax): Affordable independent senior housing for individuals 62+
- The Fallstead (McLean): Independent senior housing for individuals 62+
- Tysons Towers Apartments (Vienna): Retirement community that offers rental assistance
- Wellness Center For Older Adults (Fairfax): Day program for older adults (50+)

Partners/Collaborations

- American Healthcare Professionals: Blood pressure screenings
- Northern Virginia Resource Center for Deaf and Hard of Hearing Persons: Hearing Screening
- ENDependence Center of Northern Virginia, Inc. (ECNV, Inc.): Covid vaccinations
- Northern Virginia Regional Older Adults Facility Team (RAFT): Presentation on Dementia
- Department of Emergency Management & Security (Planning and Policy Analysis Division): Presentation on emergency preparedness
- Fairfax County Department of Cable and Consumer Services Communications Policy & Regulation Division- Presentation on Internet and Broadband
- Fairfax County Health Department (Division of Community Health Development): Resources and volunteers
- Hepatis B Initiative (HBI) DC: Hepatis B screenings
- Inova Geriatric: Information medical house call services
- Exercise Catalyst: Tai-chi/fall risk prevention
- Washington Consulting Insurance Group: Medicare 101 presentation

Holiday event Highlights

Thanksgiving Dinner in Herndon

Memorial Day cookout in Alexandria



Halloween arts and crafts in Reston



Holidays crafting in Reston



Stories and Impact

- "Very cheerful and all the people were very helpful. Thank you for your services"
- "Humor conversation and good services"
- "New to the senior community. Really enjoy all services and information. Thanks for all you do!"
- "I really appreciate this type of events and would like to see more of it!"
- "Socializing with everyone"
- "Meeting with other residence, playing games, socializing"
- "Enjoyed the event especially playing games"
- "I enjoyed Zumba"
- "I really enjoyed the bingo"
- "I enjoy all of the programs"
- "I had so much fun. I wish I could come back"
- "We love it when you guys come"
- "Fun activities. Engaged participants to pay attention. Enough activity. I like competition for fun, challenging"



Questions and Answers?



Thank you!