

# Fairfax Area Agency on Aging Highlights for December 2023

Fairfax County Services for Older Adults | Family Services  
Golden Gazette | Family Services ([fairfaxcounty.gov](http://fairfaxcounty.gov))

## Legislative and Boards

### Highlights

- Fairfax County 2024 Legislative Program was adopted by the Board of Supervisors on December 5<sup>th</sup>, 2023: [adopted-fairfax-county-legislative-program-for-the-2024-general-assembly.pdf](https://www.fairfaxcounty.gov/legislative-program-for-the-2024-general-assembly.pdf) ([fairfaxcounty.gov](http://fairfaxcounty.gov))
- Northern Virginia Aging Network 2024 Legislative Platform: <https://www.novaregion.org/353/Northern-Virginia-Aging-Network>
- The Fairfax Area Commission on Aging (COA) met virtually on December 20<sup>th</sup>. Yashoda Premysler, Program Manager of CARE Mobile, gave a presentation on CARE Mobile services and discussed potential opportunities for collaboration through the SHAPE the Future of Aging Plan. The next COA meeting is on January 17, 2024.
- The 2024 Virginia General Assembly session convenes on January 10, 2024.

## Virginia Insurance Counseling and Assistance Program (VICAP)

- Data that drives the work:
  - Phone intakes: **224**
  - Completed contact cases: **321**
  - Money saved (due to Medicare Part D (prescription drug) review, Patient Assistance Programs, Medicare Part B, appeals, etc.) total: **\$29,528.15**
- VICAP's client base is **200,000+** residents. VICAP is currently staffed by **2** full-time employees and volunteers.

### VICAP Information

- For more information, contact VICAP [dfsvicap@fairfaxcounty.gov](mailto:dfsvicap@fairfaxcounty.gov)
- **The VICAP website** features the October 2023 **Medicare 101** and **Medicare 102** presentation webinars, the November 2023 Medicare 101 presentation webinar in Spanish, and a podcast. It also includes links to Medicare and COVID-19 information and a Senior Medicare Patrol (SMP) Consumer Fraud Alert for COVID-19. <https://www.fairfaxcounty.gov/familyservices/older-adults/virginia-insurance-counseling-and-assistance-program-vicap>

## Volunteer Solutions

- Holiday Blanket Drive – Volunteer Solutions coordinated a New Blanket Drive for the Adult and Aging Holiday Project. Blankets along with a gift were provided to referred clients in December. There were **264** blankets collected. Surplus blankets were provided to clients and donated to local hypothermia shelters.
- Holiday Wrap Up included in Jan. Golden Gazette (pg. 10).
- Blanket Drive was included in the Volunteer Fairfax Holiday Guide.
- Holiday Project – The Adult and Aging Holiday Project, managed by Volunteer Solutions provided **189** Adult and Aging clients and their pets with a holiday gift bag that included a blanket. Family Services staff and volunteers assisted with the delivery of the holiday gifts. This was featured in VS's Caring Community update.
- December 12: A Volunteer Solutions' staff member facilitated a Holiday Mixer virtual Connection Corner (CC) meeting for **12** volunteers to network, share ideas, and enjoy some fun during the holiday season.
- Data that drives the work:
  - Inquiries to becoming a volunteer: **72**
  - Total volunteers who became active in a program: **14**
  - New client referrals: **11**
  - IT On Call referrals: **16**
  - Facebook Followers: **2,077**
- *Upcoming Events Involving Volunteer Solutions*
  - Channel 16 - Mature Living – Volunteer Solutions' Supervisor will be featured along with volunteers on the January-March episode focused on Volunteerism.
  - March 14, 2024 - Volunteer Training- Mental Health First Aid for Older Adults, provided by the Community Services Board.

### 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 one vacant Social Service Specialist position.
- 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.

### 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

- Allegra Joffe was promoted to Supervisor of the Fairfax Area Agency on Aging's Caregiver and Support Services Unit. Her official start date is January 13, 2024. Allegra has served in the Caregiver and Support Services Unit for the past two years, most recently as the Social Services Specialist III, where she has enriched the lives of caregivers in Fairfax through the development and implementation of successful and exciting caregiver and support services programs.
- On December 1, 2023, a panel conversation, "*Providing Care at the End of Life*," was held. **174** people received the slide presentation and recording, and **64** people attended the live session.
- On December 13, 2023, a *Dementia Friend Information Session* was held. **58** people registered, and **18** people attended the presentation.
- On December 15, 2023, a Spanish series, "*iPresente! Una historia latina de los Estados Unidos*," was held. **22** people received the slide presentation, and **6** people attended the live session.
- During December 2023, **8** Caregiver Alert Notifications were sent via email, text messages, and voice communication methods. The notifications contained information on Elderlink's Virtual Support Call, Dementia Friendly Information Session, Presente Una Historia Latina de Los Estados Unidos-Spanish webinar, Helping Hands Stroke Club-Stroke Support Group, Gingerbread House Maker Session, Caregiver YouTube Webinar recordings, Home Repair for the Elderly, and the McLean Community Center Annual Winter Block Party. Currently, there are **1,383** subscribers.

### Caregiver Important Information

- To access the **Providing Care at the End of Life** recording: <https://bit.ly/FFXEndofLifeCare>
- Sign up for upcoming **Dementia Friendly Fairfax** (DFF) sessions: <https://bit.ly/DementiaFriendlyFairfax>

- The caregiver column for the Golden Gazette included a message about Caregiving Over the Holidays and provided information on the events: Virtual Dementia Friendly Information Session, ¡Presente! Una Historia Latina de Los Estados Unidos, Fairfax Caregiver Alert Notifications, and the Parkinson Social Network.
- The monthly Caregiver Webletter was emailed this month to **2,439** people. The Webletter contained information on the following topics:
  - ¡Presente! Una Historia Latina de Los Estados Unidos
  - Dementia Friendly Information Session
  - ElderLink Virtual Support Call: The Caregiver Roller Coaster: The Lows and Highs of Caregiving
  - Helping Hands Stroke Club - Stroke Support group
  - Reston Town Center Holiday Performances
  - Home Repair for the Elderly
  - First Hike Fairfax
  - Tai Chi Classes
  - Intergenerational Winter Luminaries
  - On-Demand Caregiver Unit Video Library
- 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 did not meet in December. The next meeting will be on Tuesday, January 23<sup>rd</sup>, 2024.
- On December 3<sup>rd</sup>, 2023, a staff member from the caregiver unit, provided an in-person presentation on “Helpful Tips and Resources for Family Caregivers” to the Unitarian Universalist Church of Arlington. There were approximately **12** attendees.
- On December 19<sup>th</sup>, two staff members from the Caregiver unit, attended the virtual VCC Executive Committee Meeting where discussions took place of the redesigns for No Wrong Door Easy Access website, the future VCC homepage, 2024 goals and the new Vice Chair was announced. The next meeting will be on February 20<sup>th</sup>, 2024.
- The Barbara Antley Gift Fund was used to assist **1** client and provided **2** items in December.
- 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 December, there were **4** 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 **4** new referrals, and **3** consultations were completed in December.
- 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 **2** jobs were completed.

## ElderLink

- Staffing
  - 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.
- Health and Wellness Programming
  - Upcoming Workshops
    - In-person Chronic Disease Self-Management workshop hosted at Messiah United Methodist Church in Springfield, Wednesdays, 01/10-02/14, 10:30am-12:30pm.
    - Virtual Chronic Disease Self-Management workshop hosted by Reston Community Center, Fridays, 01/19-02/23, 10am-12pm.
    - In-person Bingocize workshop hosted by the Wellness Center for Older Adults, Tuesdays/Thursdays, 01/23-03/28, 1-2pm.
- Caregiver Support Programming
  - Virtual Support Call for Caregivers of Older Adults via MS Teams, 2<sup>nd</sup> Tuesday of each month, 7-8pm.
    - 1/09, *Caregiver Wellness* - Caregivers often put others ahead of themselves. They may neglect to prioritize their needs leaving themselves vulnerable and unable to stay physically and emotionally strong throughout their caregiving journey. Join our January support call to discuss the importance of caregiver wellness.
- Exploring Dimensions of Aging Through Virtual Reality
  - ElderLink will be facilitating its first two sessions of the Embodied Labs immersive training platform for Adult Services' workers by the end of January.

### 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)
- 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 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](mailto:nvltcop@fairfaxcounty.gov).

## Aging Disability Caregiver Resource Intake Statistics December 2023

Adult Protective Services	304
Adult Services Referrals Sent	172
ADCR Consultation	157
Nutrition/MOW	127
CCC+/ALF screenings, info only	92
Adult Services, info only	74
Housing	68
APS, info only	63
Benefits	57
Transportation	54
Coordinated Services Planning	38
Home Based Care, Info Only	35
VICAP	31
ElderLink	30
Caregiver Support	28
Assisted Living Facility	25
Home Care Registry	25
Disability Services	23
Ombudsman	22
Burial/Cremation	21
Mental Health/Substance Abuse	20
Financial	14
Legal Services	12
Nursing Home	11
Social Security	9
Adult Day Healthcare	8
Police Emergency and Non-Emergency	8
Home Repair for the Elderly	7
Golden Gazette	7
Other	7
Volunteer Solutions	6
Medical/Dental	6
Employment	6
Durable Medical Equipment	6
Domestic Violence/Victim Witness	5
Senior Center	4
Tax Administration	4
Fuel/Cooling Assistance/Fan Care	4
Respite	3
Environmental Services	2
Health and Wellness Programs	1

**TOTAL**

**1,596**